AIDS
Special Report

THE SATURDAY EVENING POST

Founded ... lin

Nov. '87

$1.95

Surgeon General Koop Wants More Voluntary AIDS Testing

Sisters of Forgiveness– Together Against AIDS

AIDS Survey Results

Teaching Children Our Values

Thanksgiving Without Salt

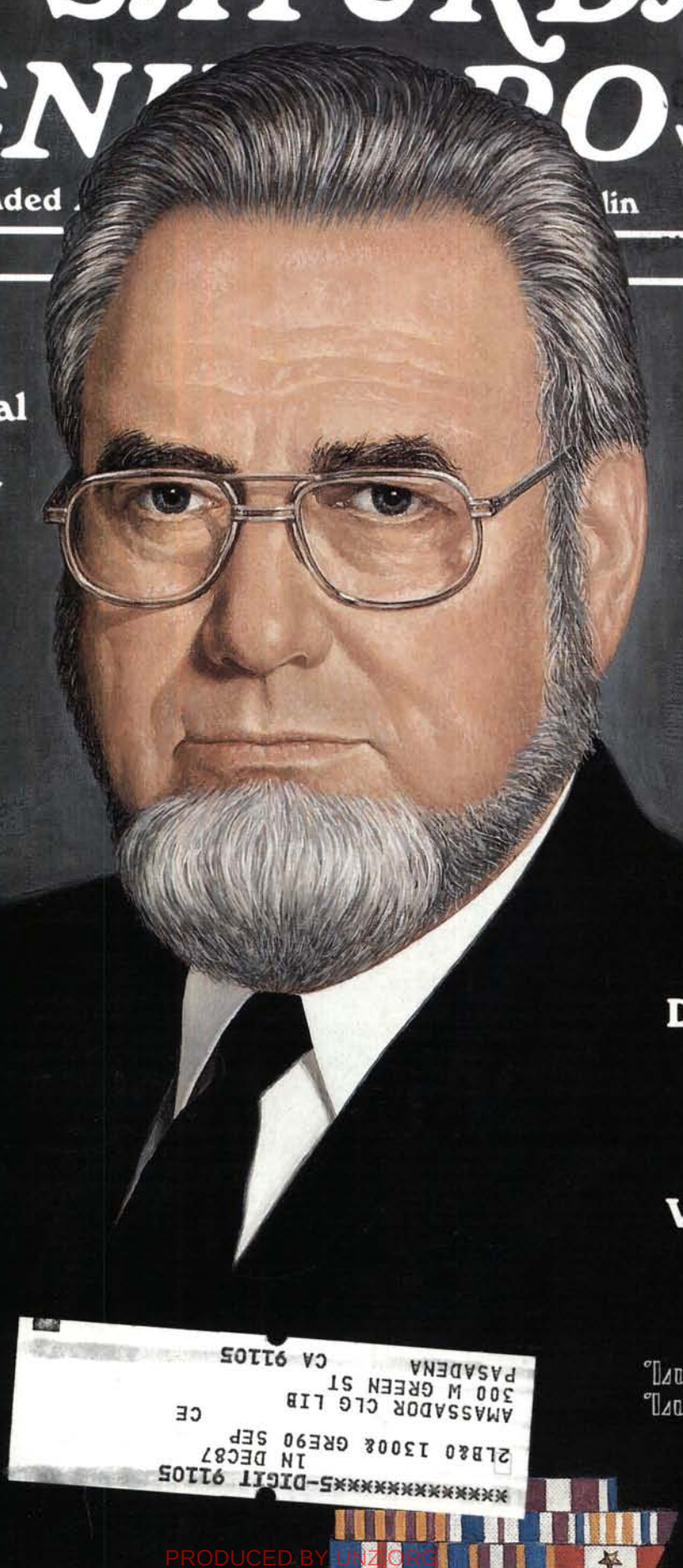
Famous Football Feuds

The Spy Wore Red

Maynard Good Stoddard

Ballroom Dancing Is Back

Venita VanCaspel



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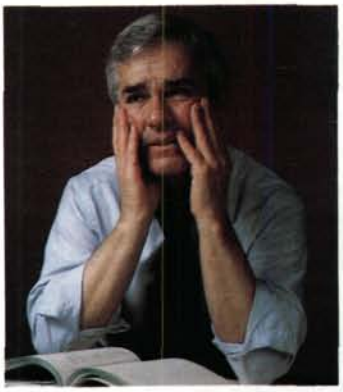
So often constipation can make us sluggish.



Swiss Kriss works gently & thoroughly to restore our carefree, youthful spirit.

Don't punish your body with drastic pills, harsh weakening synthetic drugs and mineral oils. Join the happy millions who discovered Swiss Kriss, the efficient laxative made from nature's own sun-dried leaves, herbs and flowers. Swiss Kriss is the 100% natural laxative that works smoothly, gently in the lower bowels without stomach upset, and is the only laxative recommended by famous nutritionist Gayelord Hauser. Take ½ teaspoon or 2 tablets of Swiss Kriss at bedtime Wake up to a great new feeling in the morning. For over 50 years a comfort to millions. You will love the difference!

Swiss Kriss fragrant herbs and flowers come in regular size and economy size packages, and for the busy traveler, we have punched the same fragrant herbs into easy-to-take tablet form. FREE with each package—recipes and beauty secrets by Gayelord Hauser. Available at all drug stores, health and natural food stores, GNC stores and health and nutrition centers.

The 100% Natural Laxative
The Only Laxative Recommended by Gayelord Hauser.

My store is out of SWISS KRISS. Please rush me a box or a bottle. Enclosed is my check or money order in the amount of $3.29 for 120 tablets, or $3.69 for a large economy-sized box of the loose form. **Mail to:** SWISS KRISS, P.O. Box 09398, Milwaukee, WI 53209.

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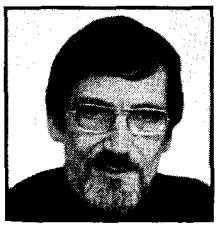
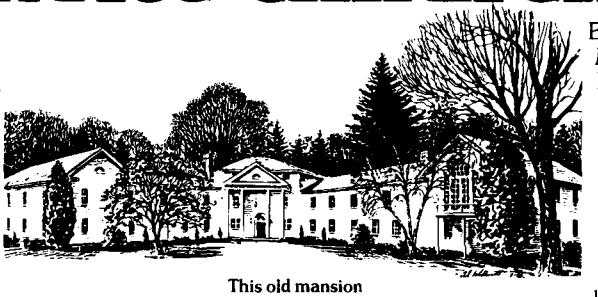


We're looking for people to write children's books

By Alvin Tresselt,
Dean of Faculty

"Writing for children is the perfect way to take up writing," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."



This old mansion deep in the Connecticut woods has been the home of this workshop for new writers since 1969.

IF you want to write and get published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from any other kind of publisher I know.

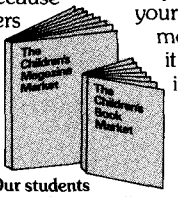
Later on, you may get other checks from other publishers. But right now, the object is to begin—to break into print—to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching—and 53 books of my own—I can tell you this: You'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that young people "really like" is an experience you'll never have anywhere else.

A surprisingly big market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. As many as 2,500 new titles appear annually and new authors account for up to half of them.



Our students learn where to sell their writing with our exclusive publishers' lists.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going! Yet two big questions bedevil nearly every would-be writer. "Am I really qualified?" and "How can I get started?"

"Am I really qualified?"

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for. The reasons are simple: Our reputation is built on success, and if prospective students don't have the earmarks of success, we probably can't help them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into The Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

Learn one-to-one with your own instructor

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own books, I spend my time at The Institute of Children's Literature, a workshop for new writers that does one thing and does it better than any other educational institution I know of: It trains qualified people to write for the young reader.

This is the way I work with my students, and my fellow instructors—all of whom are experienced writers or editors—work more or less the same way.

Learn at your own pace

When you're ready—at your own time and your own pace—you send your assignment to me and I read it and I reread it to get everything out of it you've put into it.

Then I edit your assignment with a red pencil just the way a publishing house editor would—if he had the time. I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull with each assignment. You push and I pull and between us both, you learn to write.

"Now...I am a writer!"

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many students break into print even before they finish the Course. We receive hundreds of letters like these from students: "Before taking your Course, the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, OR. "My first sale, to *National Catholic Weekly*, was a Course lesson. Then I sent another Course assignment to a writer's competition and won first prize of $400!"

Della Domangue, of New Orleans, LA writes: "Having taken several writing courses, I can truthfully say yours was the best. My instructor's personal comments, suggestions and encouragement were invaluable. I also learned the joys of...editors answering you personally."

Marilyn Day of Marissa, IL says, "Now I'm no longer a housewife, I am a *writer!*"

And Mary Carruth, Dublin, CA, writes, "I sent out my first article with a prayer and it was accepted. Your Course, with its structure and support, has been everything I hoped for."

"When I started, I did not really think I had the ability," writes Sister M. Laetitia Mudde, West Haven, CT. "But my instructor made me believe in myself."*

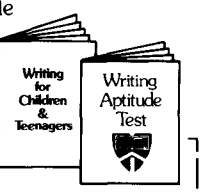
I have a file full of similar letters: People like yourself so full of pride they could easily convince you that it is a pity more people don't take up writing for children.

Free Writing Aptitude Test offered

To find men and women with an aptitude for writing, our Faculty and Consultants have prepared a four-page Writing Aptitude Test. It is offered free and will be professionally evaluated at no cost to you.

Just mail the coupon below to receive your free Test and 28-page illustrated brochure describing The Institute, our Course, Faculty, and the current market for children's literature. If you demonstrate a true aptitude for writing, you will be eligible to enroll.

But that's up to you. **There is no obligation.**



Get both FREE

The Institute of Children's Literature
Redding Ridge, Connecticut 06876

Dear Mr. Tresselt: I am interested in your program to help new writers get started. Please send your free Writing Aptitude Test and 28-page brochure. I understand I am under no obligation whatever and no salesman will visit.

Mr. Mrs. Ms. Miss DW-5

Please circle one and print name clearly

Street

City

State Zip

Approved by the
Connecticut Commissioner of Education

Alvin Tresselt was Vice President and Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine for Children*, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

*The testimonials in this ad were provided without remuneration and voluntarily by The Institute's students between 1982 and 1985.

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SOFT AIDS—"Sisters of Forgiveness—Together Against AIDS" give blood and comfort members. **50**

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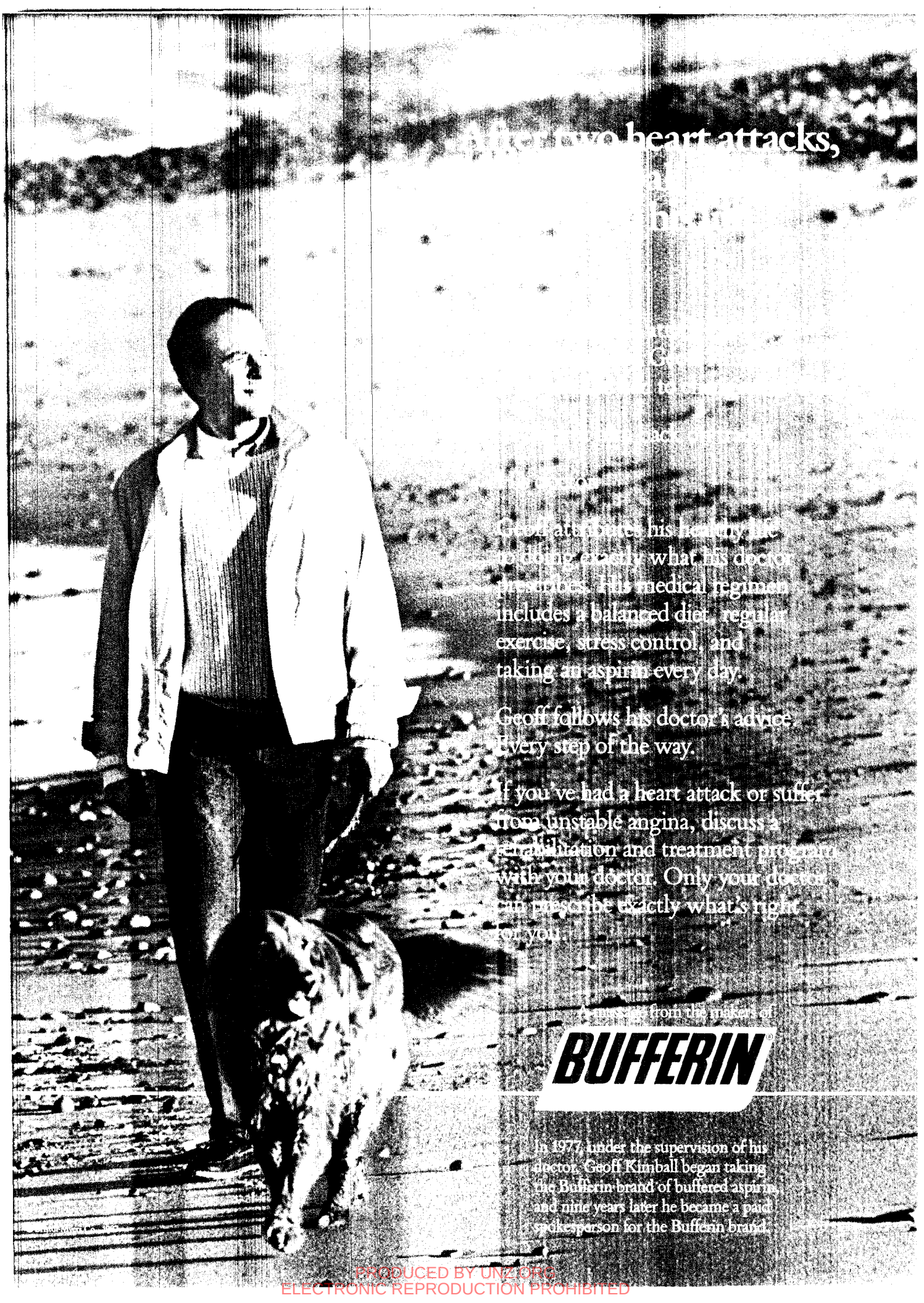

heart attacks,

Geoff attributes his healthy life to doing exactly what his doctor prescribes. His medical regimen includes a balanced diet, regular exercise, stress control, and taking an aspirin every day.

Geoff follows his doctor's advice every step of the way.

If you've had a heart attack or suffer from unstable angina, discuss a rehabilitation and treatment program with your doctor. Only your doctor can prescribe exactly what's right for you.

A message from the makers of

BUFFERIN

In 1977, under the supervision of his doctor, Geoff Kimball began taking the Bufferin brand of buffered aspirin, and nine years later he became a paid spokesperson for the Bufferin brand.

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Letters

A Good Cry

We have been subscribers of *The Saturday Evening Post* for the past few months, and after reading "Remember the Alimony" by Maynard Good Stoddard (July/August '87), I laughed so much I literally cried. This man has a *fantastic* sense of humor, and hopefully we'll be able to read more of his humor. We need this type of writing in a world so full of disaster. It was so easy to relate to his case histories.

Thanks to Maynard.

Marian Cade
Delavan, Wisconsin

Taking Aim on Guns

One evening last week while listening to CBS Evening News, we were appalled at the comments regarding target pistols and the problems including killings made mistakenly because of the pistols' looking exactly like the "real thing."

The next day our September *Saturday Evening Post* arrived, and we were astounded to see an ad (enclosed) featuring the target pistols. Must you now (after being so wonderful about not advertising cigarettes) resort to this type of advertising?

Our subscription expires December '87, and we were all set to renew for three years until we saw the enclosed. Our thinking is to wait until you assure us there will be no further advertising of this sort. Will you do this?

Mr. and Mrs. H. Root
Bothell, Washington

Editor's note: You have our word: no more toy pistols will be advertised in the SatEvePost.

Spicy Language

Please! Help! I have yet to see comment on "Lysine & Less Salt" in your letters department. Why is this wonderful product not discussed?

My subscription is fairly new and I don't wish to renew at this time, just to receive a free shaker. Is there any other way a person can obtain this great product? I would gladly donate to a worthy cause.

I could search the world over and not find it in any grocery or health-food store. Why is something so im-

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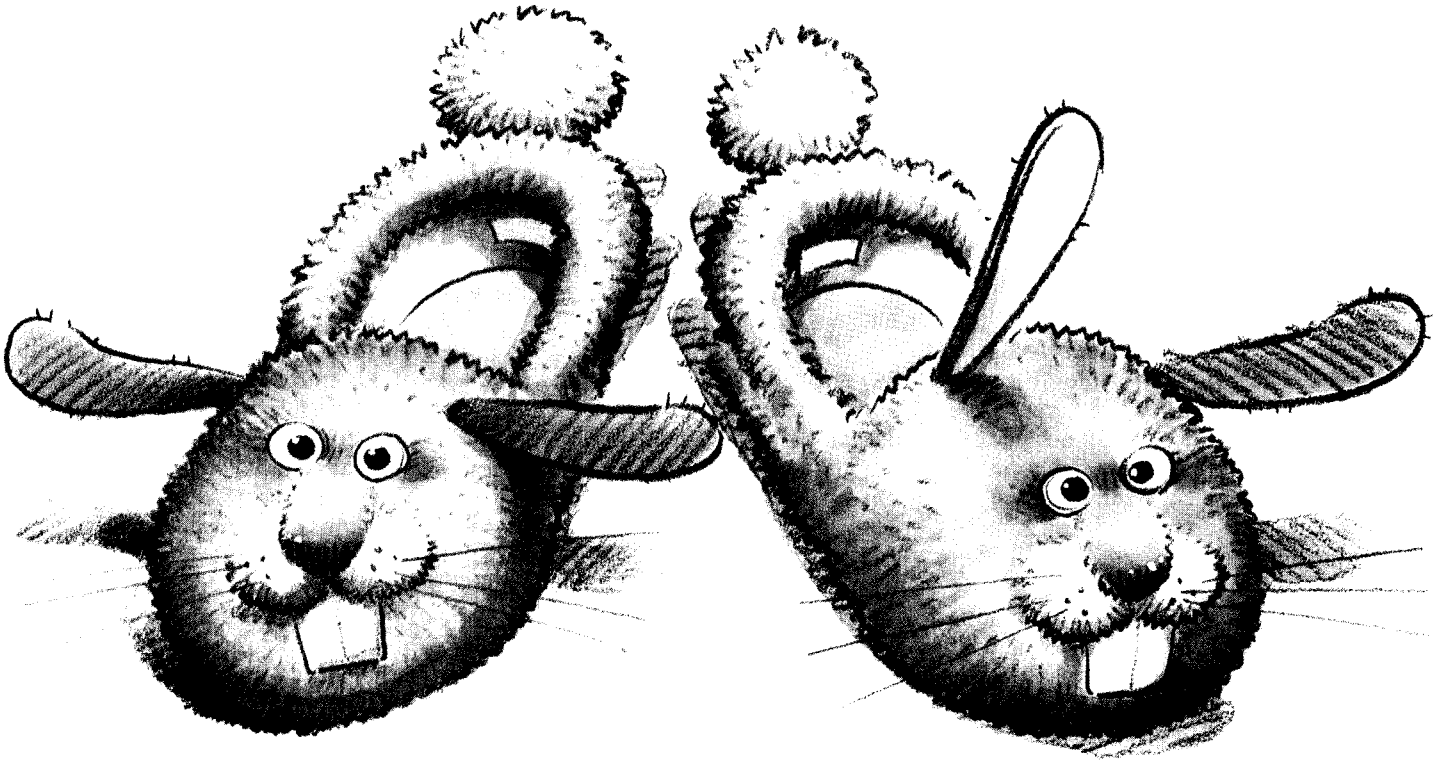


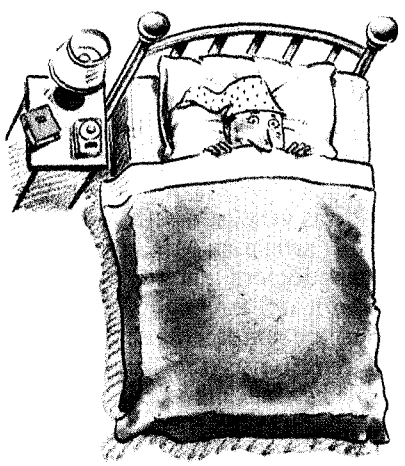
The Rabbits Died.

Now you and your old fuzzy bunnies can, you might say, rest in peace.

Because there's a much better way to keep your feet, and the rest of you, warm and cozy.

It's the P.M. Personal Monitoring System. An extraordinary system of body responsive heat found only in Sunbeam P.M. System automatic blankets, BedWarmer mattress pads and portable throws. If your feet are cold, the P.M. System knows. It automatically senses and responds to changes in body, bed and room temperatures. Sending more warmth where it's needed. Less where it isn't. That's why the P.M. System is said to have a "brain."

In the bedroom, these "Blankets and BedWarmers with a Brain" provide comfortable warmth all night long. They even prewarm your bed so you never have to climb into cold sheets.

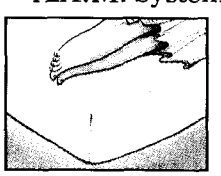


P.M. System Blanket

Cuddle-Up Heated Throw

And to keep you warm anywhere else around the house, try the new Cuddle-Up Heated Throw. It's as versatile and cuddly as an afghan, but unique because you can select your own level of warmth.

All P.M. System products are soft, warm and completely washable. They are made to be cuddled up with, sat on, tucked in and wrapped around you while still maintaining perfectly balanced warmth.



P.M. System BedWarmer

So, if you want to stay warm and comfortable, in and out of the bedroom, hop to it and ask for the Sunbeam P.M. System. It will be the end of cold feet. And the beginning of overall personalized comfort.

Sunbeam

For more information, write Sunbeam P.M. System, P.O. Box 59266, Chicago, IL 60659. ®Sunbeam, Blanket with a Brain. ™BedWarmer, Cuddle-Up, P.M. Personal Monitoring. Manufactured by Northern Electric Company. ©1987 Northern Electric Company.

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portant so very hard to find?

Marlene Roe
Argonia, Kansas

Editors note: A shaker is on the way. You can donate to the AIDS MOBILE, P.O. Box 567, Indianapolis, IN 46206. Thank you.

Mammo-gram

April 8, 1987, I wrote to you regarding the possibility of your rescheduling the Mammobile to Heritage U.S.A. in Ft. Mill, South Carolina. You responded that you were not sure, but that I should not put off having a mammogram in the hopes of your coming to Ft. Mill.

I took your advice and had a mammogram a month ago, and it was shown on the X-ray that I had minute dots of calcification in three locations in my left breast. The radiologist told me over the phone I should not be alarmed and that I should consult my physician for further study and recommendation as to what to do.

I wanted everything to be fine now, so we decided on surgery, and I did have them removed. Everything was benign, thank the Lord; a lot of prayers from loved ones and friends were going up on my behalf, and I am healing nicely, the surgeon said.

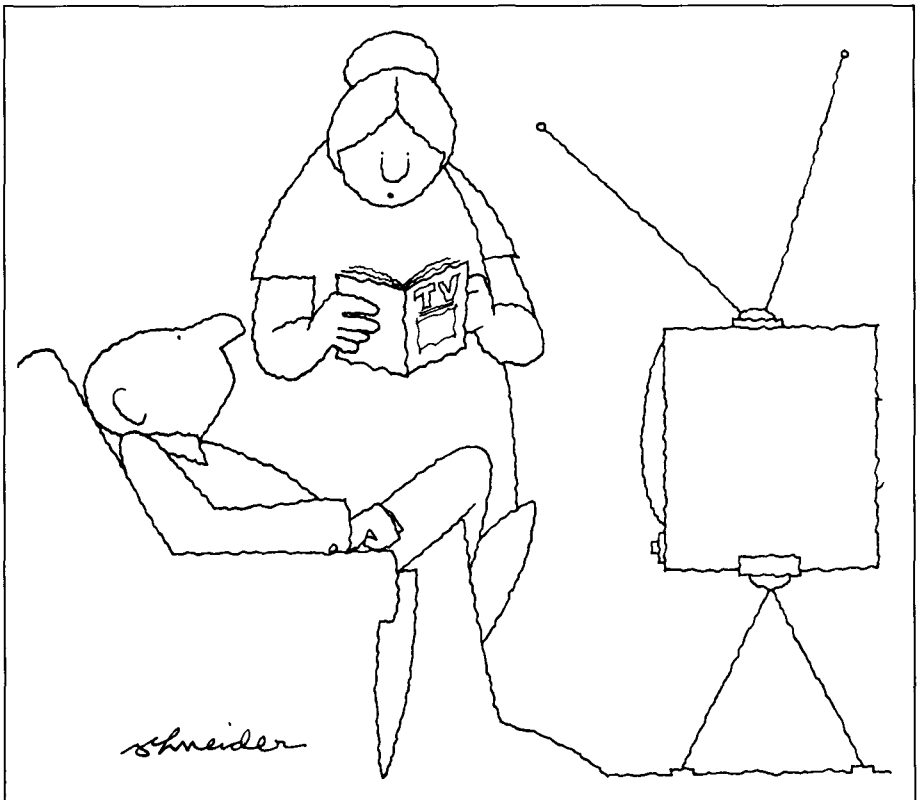
The surgeon said it really isn't known what causes these small dots of calcification to form but that it is not caused by too much calcium from milk and dairy products. He did say that I could eliminate caffeine, which I had already done a year ago. A nutritionist also told me to take vitamin E.

Susan McCutchan
Tega Cay, South Carolina

Bone-Marrow Boner

Your otherwise excellent article on bone-marrow transplants at the Hadassah-University Hospital in Jerusalem (July/August '87) contains an unfortunate implication that the hospital is supported solely by "rich and religious Jewish families" in the United States who have some ulterior motive for their generosity.

In fact, the hospital was built and is maintained by Hadassah, the Women's Zionist Organization of America, whose 385,000 members in the United States include women of all ages, religious beliefs, and economic circumstances. We are joined in this work by Jews and non-Jews alike in 22 other nations of the world where the Hadassah Medical Relief Association has chapters.



"It has very high ratings. It's a science-fiction soap opera about a single-parent cop in medical school."

While our mission does attract the support of some wealthy families, both Jewish and non-Jewish, by far most of the donations received by the Hadassah are from women and men of modest means, many of them on fixed incomes, who seek no reward or recognition other than the personal fulfillment of contributing to the quality of life in Israel. Hadassah is proud of the fact that since 1913 we have attracted the support of concerned and compassionate individuals of all faiths to our efforts to bring medical care of the highest quality to the people of Israel.

Hadassah is grateful to Dr. Ser Vaas and *The Saturday Evening Post* for acquainting your readers with our mission in Israel. We are confident that you will wish to correct the erroneous impression about the source of financial support for our work in Israel which mars this fine report.

Ruth W. Popkin
National President, Hadassah
New York, New York

Getting Hip About MH

Recently I read an article in the "Medical Mailbox" on malignant hyperthermia (May/June '87). I had never heard of MH, but upon reading about it, I feel quite sure my husband had it following a hip-replacement surgery in March.

He has had several surgeries with no trouble until this time. His temperature went out of control, and I heard one of the nurses say, "That temperature has got to come down."

I know he was very ill, as he had two nurses around the clock for three days and as many as five in the room at a time during the first three days. These nurses were on the hospital staff.

My husband has been under a doctor's care the entire time since his surgery, even though the hip replacement was very successful. Since reading this article on MH, we asked one of his doctors about MH and he looked it up, then called the surgeon about the anesthetic that was used and felt it was the cause of Jim's problems.

Could MH have caused a chemical imbalance that may account for his slow recovery?

Is MH something that is passed down in a family?

continued on following page

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GREAT GIFT IDEA FOR ANY LADY FROM NINE TO NINETY!
IMMEDIATE DELIVERY
For Credit Card Orders!

Presenting...

Little Bo Peep

An enchanting hand-painted porcelain collector doll, dressed in an exquisite hand-tailored outfit.

The Danbury Mint has re-captured the magic of one of the most cherished of all storybook characters with *Little Bo Peep* – a beautiful new collector doll.

Crafted of bisque porcelain.

With head, hands and feet perfectly sculptured of fine bisque porcelain, *Little Bo Peep* is the stuff of which dreams are made.

Her face is imbued with a becoming blush. Her wide, innocent eyes are of truest blue, with feathery lashes and gently arched brows – all delicately painted by hand.

Beautifully costumed.

Little Bo Peep's gown is a shimmering creation of embossed white satin and wispy blue chiffon – hand-tailored and lovingly detailed, from the lace-edged bodice to her satin pantalettes.

Her hat, trimmed with frilly lace ruffles, is caught beneath her chin with a dainty blue satin bow. And to complete the ensemble *Bo Peep* clasps in her hand a shepherd's crook and has one of her darling sheep tucked underneath her arm.

Affordably priced, too.

Little Bo Peep can be acquired for only $49 – a remarkable price when you consider that porcelain collector dolls of such quality often sell for much more.

Of course, *Little Bo Peep* is available only from the Danbury Mint. She will be accompanied by a display stand and serially-numbered Certificate of Ownership.

Satisfaction guaranteed.

Order your doll at no risk – satisfaction guaranteed or return within 30 days for replacement or refund.

Call and reserve yours today.

Little Bo Peep is a heavenly collector doll, an heirloom to delight in today and to treasure in the many years to come.

Make a dream come true – call to order today!

the Danbury Mint

Shown smaller than actual size of 11" in height.

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I would greatly appreciate any information you can send me about MH, and the address of the Malignant Hyperthermia Association of the United States.

Mrs. James W. Kelly
Mesa, Arizona

Malignant Hyperthermia Association
P.O. Box 3231
Darien, Connecticut 06820

Low-level Questions

We are one of those families who have been greatly helped by L-lysine for cold sores. My six-year-old gets them if he has even one chocolate cookie or a handful of popcorn (without a large dose of lysine). I have not been able to understand the connection between the virus and the arginine-lysine imbalance. If someone has a low level of lysine but has never had the virus, then do they not get the sores? Also, it seems as though I must give my six-year-old more and more lysine to keep the sores from starting. Is this common? Will the dosage need to keep going up? (I foresee a bottle-a-week habit!)

Thank you in advance for answering, and thank you for a wonderfully healthful magazine.

Debbie Pendergrass
Webster Grove, Missouri

Editor's note: We're sending your letter to Dr. Richard Griffith at the Indiana University Medical Center department of medicine. He takes a great deal of interest in lysine and arginine. Your case history will interest him, and we're sure he will write to you.

Great Scott!

I always enjoy Maynard Good Stoddard's articles. However, in his "Rhine Diary" article in the *Post*'s September '87 issue, he is confused about the events of the bridge at Remagen in WWII. Allied soldiers under Gen. George Scott (excuse me, Patton) did not cross at Remagen. The bridge was captured 7 March by First U.S. Army under Gen. Courtney Hicks Hodges, a native of Perry, Georgia.

General Patton and his Third Army crossed 23 March 1945 at Oppenheim. He hit the Rhine, jumped across, and never slowed down!

General Montgomery, who was to make the main crossing, did not cross until 24 March 1945.

Charles M. Gavin
Macon, Georgia

Another AIDS Danger

It is gratifying to read articles regarding AIDS in the recent issue of the *Post*, but amazingly little attention has been given to the growing cases of child sexual abuse and to any proposals that their attackers should be tested for AIDS.

A small boy close to me was molested while attending a nursery school, and no one believed him when he tried to explain how he was molested. He was scarred emotionally for many years. Fortunately, it was before the age of AIDS.

Anonymous

Gruger Blooper

I am an artist of renown, Charlotte Livingston, in Who's Who in American Art and the first woman artist elected, in 1973, to membership of the prestigious Salmagundi Club, 47 Fifth Avenue, New York City, the oldest men's art club in the U.S.A., founded 119 years ago. When my eyes saw the name of the very fine illustrator under one of your headlines ("Johnny Pye and the Fool-Killer," September and October '87) misspelled F. R. Gruber, instead of correctly, F. R. Gruger, I was annoyed.

My stamping ground in the '20s was the National Academy of Design—open from October through May. As I walked on West 57 Street, past the art students league, I entered and decided to sign up for a class in illustrating by a man called Wolfe. One Friday he assigned to us, "Read so-and-so's story in *The Saturday Evening Post*, make an illustration any way you wish, do *not* sign it." On Monday he placed on our class bulletin board the fine work of F.R. Gruger.

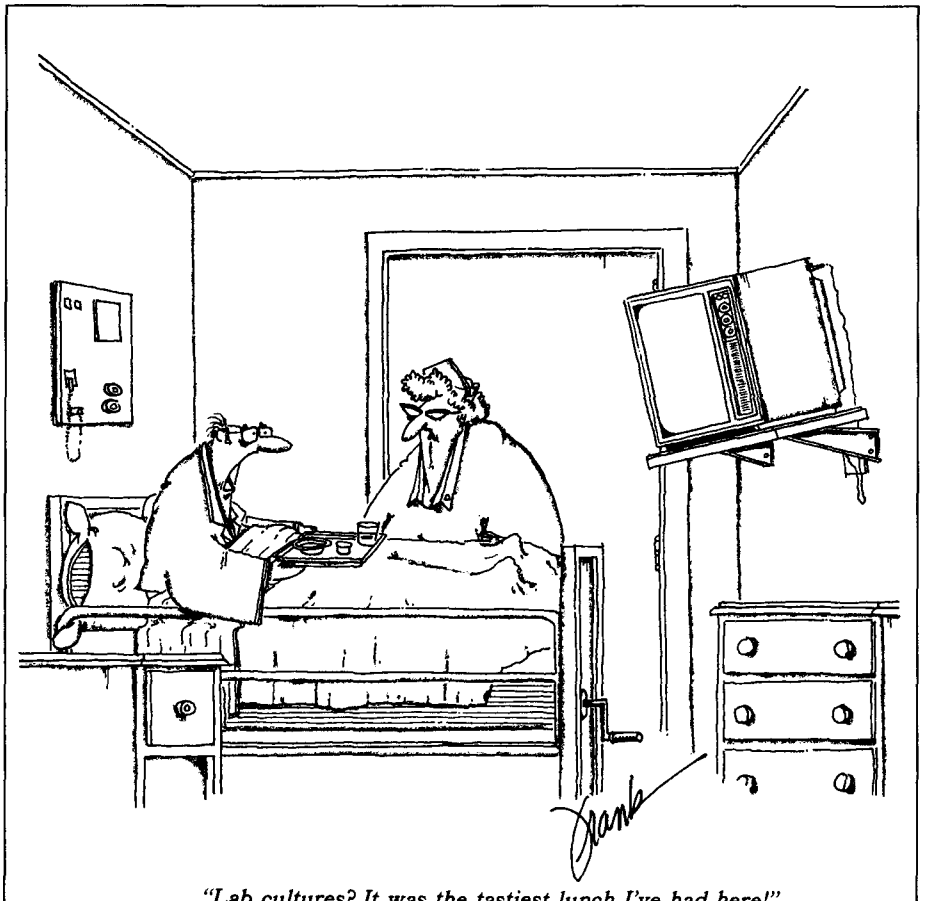
Incidentally, why don't you give us something by Booth Tarkington?

Charlotte Livingston Kughler
Kingsbridge, New York
Knightsbridge, New York

Herpes Symptoms—A Mystery

I read with interest your letter from the grandma with "genital herpes." I also read the letter from "Anonymous" who shared her experience

continued on following page



"Lab cultures? It was the tastiest lunch I've had here!"

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about the same problem. Well, I'm in the same boat as they are—only I'm in my mid-30s and have been having these episodes for about six years now. My doctor has also cultured my lesions for herpes, but the results were negative. I have most of the same symptoms as "anonymous"—tenderness and burning in the groin or thigh; then two or three days later, blisters appear in the genital area. I should also mention that I have been married for ten years to the same man and we have been faithful to each other. I have noticed that I usually experience these episodes when I'm under a great deal of stress and before my menstrual cycle. I truly believe, as "anonymous" does, that it is shingles and not herpes. I also believe that nervous tension and stress are the main causes of this condition. I, too, don't know what to do for this condition, as it is very degrading.

Anonymous
Augusta, Georgia

Herpes Misdiagnosis

I believe this letter may help the two innocent victims of "herpes."

I was a young teen-ager when I was first diagnosed as having the virus. Subsequent cultures over the years were diagnosed the same way. I found it hard to believe since I was a virgin, but my symptoms were similar to the dreaded disease, so I thought the doctors knew best.

It wasn't until I was nearly 24 (and still a virgin) that a doctor who was working closely with the doctors at the University of Wisconsin's Medical Science Center challenged my medical history. He saw that I had Still's disease, a form of arthritis, and told me of a similar case of "herpes" which had been successfully treated with colchicine. This other lady had also been misdiagnosed as having herpes, even though it was just a side effect of her arthritis. She had taken the drug experimentally and had not had lesions since. My doctor suggested that I might want to try it since the small doses of .6 mg would have no side effects. I was engaged at the time, so I was willing to try anything to relieve my discomfort and prevent infecting my husband when we married.

To God be the glory—it worked! I take a small white or yellow pill every day and have not had a lesion since. I still avoid wearing pants, and I keep the area clean, but the stigma and pain are gone.

My advice to those ladies is to have their doctors write to the doctors at the University of Wisconsin's Medical Science Center and find out the best course of action for their particular cases. If that doesn't work, I'll ask my doctor if he'd allow me to release his name.

Melanie Trewyn
Aurora, Illinois

AYSOP'S FEEBLES No. 1

The Tox Without a Fail

MODERN SPOONERISM
BY COLONEL STOOPNAGLE.

ONCE upon a long, time time ago, an old fay grox tell into a frap, and had a diffy verycult time exing to try-acate himself. Finally, he did so, but during the process, the goor pie tossed his lail. This made him merry, merry vad indeed, and he figured he would never div it lown unless he could perfox the other suades to tart with their pails too. So he mawled a keeting of all the futher oxes, and advised them to tut off their kails. "They are very thugly ings, anyway," he said, "and it's tight quiresome to have them always ricking out in the stear, dathering gust." But one of the folder oxes said, "My frear dend, if you hadn't tossed your own lail, you wouldn't kee so bean on getting us to tooze ours loo!"

And the storal to this mory is: DESTINY APES OUR SHENDS, SO WHY GET 'EM CAUGHT IN A TROX FAP?

Following the "Ten Suggestions"?

Wonder what old Ben would have said to your last number with its glamorous star speaking out on AIDS? I am enclosing Ted Koppel's opinions as to how not to get AIDS:

"We have actually convinced ourselves that slogans will save us. Shoot up if you must, but use a clean needle. Enjoy sex whenever and with whomever you wish, but wear a condom. No! The answer is no. Not because it isn't cool or smart or because you might end up in jail or dying in an AIDS ward, but no because it's wrong, because we have spent 5,000 years as a race of rational human beings, trying to drag ourselves out of the primeval slime by searching for truth and moral absolutes in their purest form. Truth is not a polite tap on the shoulder—it is a howling reproach. What Moses brought down from Mount Sinai were not the Ten Suggestions."

Your article did not tell us much about how the others get it—the umpteen thousands who did not get it through a blood transfusion—just about the two respectable gentlemen. Promiscuous sex and the use of drugs are extravagant sins which may cost you your life!

Marjorie Shaw
Silver Spring, Maryland

Gone with the Wind

Re: "Blowing Away the Ceiling Fan Myths" in the Sept. '87 issue of the *SEP* by Jack Hayes.

Where did Mr. Hayes come up with the three manufacturers he listed, i.e., Casablanca Hunter, and Homestead? He left out Emerson Electric which was a pioneer in this field, starting in 1895.

I'm sure they have done more designing and testing than any or all of the other combined.

Buyers of $29 to $39 fans at discount houses will probably be buying again within five years. A fan is only as good as the motor. If you don't know whose motor is in the unit and their record for reliability, then you are buying a pig in a poke.

Ralph C. Riding
Hemet, California

Kate, Great!

Thank you for an inspiring article by Katharine Hepburn on the "Secret

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of Vitality" (September). I especially enjoyed her comments about persistence. No matter what any of us has gone through, we always have the opportunity to make a healthy new beginning.

To live with a sense of creativity and persistence can get someone through even the toughest times. I am grateful for articles like the one you published because we all need encouragement like that.

Leonard Felder, Ph.D.
Santa Monica, California

Up in Arms About AIDS

To those who think the entire human race will be extinct if we do not end the arms race I would like to say: we will all be extinct if we do not do something constructive about AIDS.

Mabel R. Kyle
Oakhurst, California

Cutting Out the Knife

Some time ago you wrote about a machine that would dissolve gallstones. I learned today that I have some, and I don't want to go under the knife.

Can you tell me the name of the machine, how to get an appointment, and all the particulars?

Pearl K. Stoner
Berlin, Pennsylvania

Editor's note: The machine you asked about is called a gallstone lithotripter. It works much like the kidney stone lithotripter, using high-energy shock waves to disintegrate stones. This is done "extracorporeally," outside the body, not involving surgery. It has been done successfully on more than 200 patients in Germany.

The Methodist Hospital in Indianapolis will begin doing patients in December 1987 or January 1988. Those interested in making an appointment should contact: Dr. Lee Jordan, 1801 N. Senate Blvd., Suite 400, Indianapolis, IN 46202, 317-929-5826.

Before patients can make an appointment, they must meet the following criteria:

1) Must have three or fewer gallstones, and these must be less than 1.5 centimeters in diameter.

2) Must have a functioning gall bladder, as proven by a test called an oral cholecystogram.

3) Must have had an ultrasound or X-ray to show how many gallstones there are, and where they are.

The gallstone lithotripter will also be available at these medical centers in early 1988: Massachusetts General, Boston, MA; Cedars-Sinai, Los Angeles, CA; Emory, Altanta, GA; University of Iowa, Iowa City, IA; Northwestern Memorial, Chicago, IL; University of Pennsylvania, Philadelphia, PA; Johns Hopkins, Baltimore, MD; University of Virginia, Charlottesville, VA; Baptist Medical Center, San Antonio, TX.

Right Image at Last

In the March '87 issue, you had an interesting article about the MRI (Magnetic Resonance Imaging) machine.

I became ill in October of 1986, and after many X-rays and scans, plus a stay in the hospital, the exact cause of my problem could not be determined.

After reading your article, I decided to try and locate a machine that would be within driving distance. Through our physicians referral service, I located one about 15 miles away.

My doctor made the appointment, and on June 29, 1987, I had the scan. The result was a bulging disc. Although there is no cure at this time, I now know what I can or cannot do.

Many thanks for your help.

Mildred Fulton
New Port Richey, Florida

Heads Off Headaches

My husband has had excruciating headaches for years. After reading a letter of testimony (in the *SEP*) about someone's headaches disappearing after taking Slow-Mag, I decided to get them and make my husband try them. He was very skeptical at first but willing to try anything.

Now he says, "It is strange, but I haven't suffered those terrible headaches since taking Slow-Mag."

Mrs. Joe Gunnels
Duncanville, Texas

Cajun Comment

Thank you for the delightful article "A Country Called Cajun," by Marda Burton (Sept. '87 issue).

We look forward to each issue of the *Post*, a magazine that really suits our lifestyle.

Cynthia Ratliff
Charleston, South Carolina

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Post People

Well, girls, it's all over but the weeping. ***Tom Selleck*** has repeated the necessary "I do" to change the name of his long-time girlfriend from Jillie Mack to Mrs. Tom Selleck. He thus climaxed a romance that began when he was filming *Lassiter* and she was appearing in the musical *Cats* on the London stage.

No sooner had this ruggedly handsome actor of 42 begun his second marriage, however, than he announced that he would be saying a fond "Aloha" to "Magnum, P.I." after the current season, his eighth as the laid-back island investigator.

Her book is titled *The Making of "The African Queen": or How I Went to Africa with Bogart, Bacall and Huston and Almost Lost My Mind.* In the book, the author and actress ***Katharine Hepburn*** praises the late John Huston, who directed *The African Queen.*

Huston asked her, she says, if she had seen newsreels of Eleanor Roosevelt's lovely smile while visiting the soldiers in hospitals. "She felt she was ugly and that she looked better smiling," he said. And Miss Hepburn says she thought, "He's just told me exactly how to play the part of Rose Sayer. Oh-h-h-h, lovely thought. Such fun. I was his from there on in."

Film critics say the English actress ***Jacqueline Bisset*** is about to top a record of outstanding performances in such films as *Airport, The Life and*

Times of Judge Roy Bean, Murder on the Orient Express, The Spiral Staircase, The Deep, and *Who Is Killing the Great Chefs of Europe?* Her latest role—as Josephine in a tempestuous love affair with Napoleon—will become a six-hour mini-series this month. ABC's *Napoleon and Josephine: A Love Story* will treat the viewers to authentic locations in various parts of France where the romance flourished.

Where were *you* on the night of Tuesday, June 16, 1987? An estimated 100,000 can answer: "On the Great Lawn in Central Park, Manhattan, for a free summer concert, *Tosca*, by the Metropolitan Opera." And after ***Placido Domingo***'s third act "E lucevan le stelle," they were on their feet roaring approval and calling for an encore.

For his current state of euphoria, Placido Domingo credits much to his wife, Marta, a former soprano. "I trust everything she tells me," he says. "And believe me, she is frank about my performances."

November 26 will be all the mor pleasant thanks to a special Thanks giving presentation of "The ABC Thursday Night Movie," starring th award-winning actors ***Jason Robards*** Eva Marie Saint, and Claire Trevor.

The movie, *Norman Rockwell' Breaking Home Ties*, opens on a clas sic slice-of-life Rockwellian scene. I the painting, a pensive-looking fathe (Robards) sits with his son on the run ning board of an old truck, waitin for the train that will take the boy of to college. And then the paintin comes to life. . . .

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Christmas Collector Panels

featuring Saturday Evening Post Cover Artwork by Norman Rockwell and over 25 years of U.S. Christmas stamps.

For over 50 years, the art of Norman Rockwell graced the covers of the *Saturday Evening Post* and today these illustrations are cherished by generations of Americans. Christmas was one of Rockwell's favorite themes, for it allowed him to capture so many joyous occasions...and the joys of Christmas have also been an inspiration for dozens of United States postage stamps. Now, the Postal Commemorative Society is pleased to announce a true collecting first: *Christmas Collector Panels*...featuring festive and heartwarming Rockwell illustrations matched with every U.S. Christmas stamp ever issued!

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Panel shown smaller than actual size of 10" by 13".

"Christmas"
CHRISTMAS
A bright December moon shines in the backg ound of "Christmas," the Norman Rockwell illustration that appeared on the Post cover of December 4, 1926. It is the night before the night before Christmas, and Santa is busily mapping the route he will soon be taking.
The jolly old elf is poring over a globe at his N rth Pole residence. After checking his list of Good Boys and, presumably, Good Girls, he looks through a magnifying glass to pinpoint where they live. The quill pen is handy on his ear to make notes about the presents he will bring.
Another portrait of Santa Claus, inspired by a story written by Clement Clark Moore in the early 1880s, is depicted on the 1972 Christmas stamp. This stamp was designed by Stevan Dohanos and first issued on November 9, 197 , in Washington, D.C.
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Rockwell art © 1987 Curtis Publishing Co.

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Please reserve _____ collection(s) of *Christmas Collector Panels* as described in this announcement. I understand that I will receive three Panels per month at a price of $5.50 per Panel (plus $.50 shipping and handling — a total of $6.00, payable in U.S. funds). A custom Collector's Album will be sent at no additional charge.

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SPEAKING OUT

NOTHING LESS WILL DO

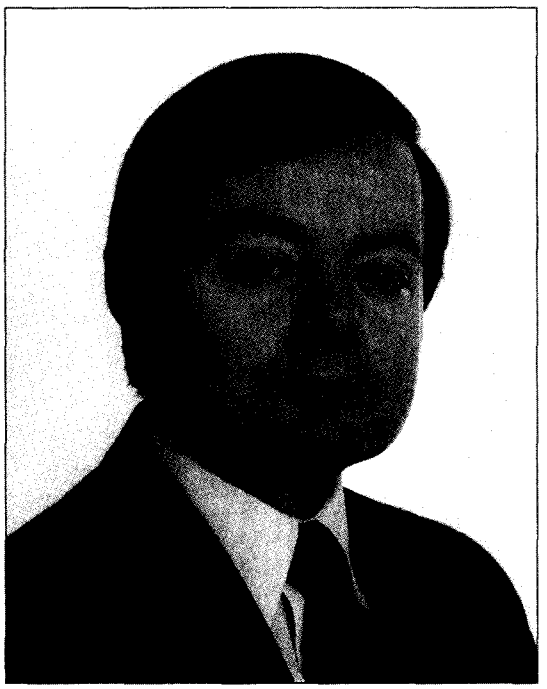
As Americans, we must teach our children to love the things we love and to honor the things we honor.

by Gary L. Bauer

America has been called the land of the free and the home of the brave—the defender of democracy. We were born *in* freedom and *for* freedom in our infancy, beginning in 1620, when the first colonists landed on the stern and rockbound coast of Plymouth. Today's history books tragically seem to have lost the thread of that early period, but the poet Felicia Dorothea Hemans summed up in four lines what we need to know about the Pilgrims:

Ay, call it holy ground,
The soil where first they trod!
They have left unstained what
there they found—
Freedom to worship God.

—"The Landing of the Pilgrim Fathers"



Gary Bauer is assistant to the President for policy development and chairman of the President's Working Group on the Family. Formerly he served as deputy undersecretary of education in the Reagan Administration. He holds a juris doctor degree from Georgetown University Law School.

In 1787, Benjamin Franklin said to George Washington as he presided over the Constitutional Convention, "The longer I live the more convincing proofs I see of this Truth, *that GOD governs in the Affairs of Men*. And if a Sparrow cannot fall to the Ground without his Notice, is it probable that an Empire can rise without his Aid?" We know, of course, that no nation does rise without His knowing. And seeing His hand at our nation's birth increases our love for this green and gentle land.

Now it is true that people everywhere tend to have an instinctive love for the land of their birth. But our feelings for this country must and do go beyond that instinctive love one has for the soil. Our love is for an idea—the notion that men are created equal and endowed by their Creator with inalienable rights. This notion—truly revolutionary—knows no boundaries. It is the essence of the American dream. In a commencement address at Lincoln University in 1961, Martin Luther King, Jr., summed up the central core of what we are and the vision we offer to all men everywhere. He said: "One of the first things we notice in this dream is an amazing universalism. It does not say some men [are created equal], but it says all men. It does not say all white men, but it says all men, which includes black men. It does not say all Gentiles, but it says all men, which includes Jews. It does not say all Protestants, but it says all men, which includes Catholics." This notion inspires men and women the world over, and it threatens those who believe man is a mere creature of the state. We know that no slave master—no totalitarian—can rest easy at night as long as somewhere there are free men and women. Lincoln reminded us that no man is born with a saddle on his back, and none are born with spurs to ride them. I am convinced the world cannot, just as America could not, remain half free and half slave. Either freedom, like a prairie fire, will spread across the globe, or it will be extinguished everywhere. Only when the rights of man are secured everywhere will they reach their maximum security anywhere.

It is this love of our God-given liberty that makes our celebration of independence unique from those of most other nations. All of history has been marked by revolution, but usually only one set of rulers was exchanged for another. Ours was different. It declared that government would have only those powers granted to it by the people. That simple difference—that idea—has shaken every tyrant to his core.

How is it, then, that a nation built on such a revolutionary idea could begin to lose its confidence—to question its value and vision? Unfortunately, in recent years there has been much confusion about the special role of our nation. In the '60s and '70s there arose in some quarters the notion that America was a force for evil, and, although it did not surprise us when our enemies made that claim, it was deeply disturbing to hear some of our fellow citizens give it credence. The worst aspects of those days are behind us now. We do not see our flag being burned on the finest campuses of the country. The

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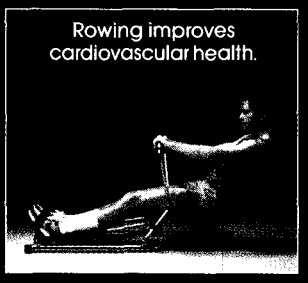
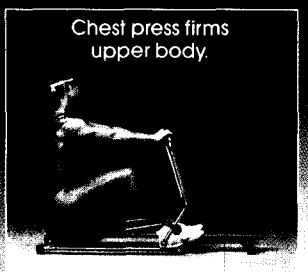
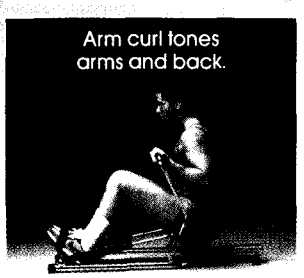
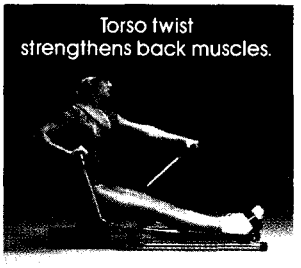
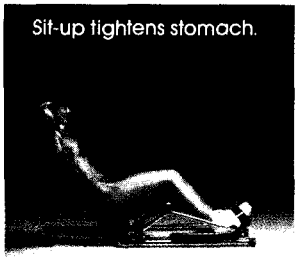

Rowing improves cardiovascular health.


Chest press firms upper body.


Arm curl tones arms and back.


Torso twist strengthens back muscles.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streets are no longer filled with radicals clamoring for the defeat of their nation. No longer are the young men and women who answered their country's call and served in Southeast Asia seen as criminals, but as the heroes they are. Yet if you are like me, you may still feel a sense of disquiet. In too many places there is still a fashionable ingratitude shown by some to our country and its institutions. On too many days we open our papers to read that one of our fellow citizens has sold his country's security for a fatter bank account. Too many men and women in positions of leadership seem confused about our nation's value and about the nature of our adversaries.

Does America have flaws? Of course it does. All human enterprises do. But, in a world of famine, boat people, and pervasive injustice, we have much of which to be proud. We must reject the so-called "sophisticates" who find it sufficient to disdain and ridicule our beliefs simply because those beliefs are valued by ordinary Americans.

We must be particularly vigilant in making sure our children understand the great sacrifices that have been made and the special nature of the liberty they enjoy. Unfortunately, there is reason to believe that we sometimes fail in this task.

In the suburbs of Washington, D.C., 51 of 53 children in a gifted and talented class, our "best and brightest," saw no moral difference between the Soviet Union and the United States. I remember vividly a nine-year-old boy in a Maryland elementary school who had just gone through a day-long session on international understanding. A reporter asked him what he had learned, and he replied, "I learned that the Russians aren't the bad guys—that there are no bad guys in the world." I predict that some day that young man, so poorly served by the educational enterprise, will have a rude awakening. He will discover that the world is not suburbia, that it is, in fact, a dangerous place—more like the South Bronx at 2 a.m. And he will discover that there are men and women who awake each day hoping to see the destruction of the West, not out of misunderstanding, but because they understand freedom all too well and despise it. There was a depressing story in the *Washington Post* last year of a meeting of top American high-school students with the children of Soviet diplomats. The Soviet kids ran circles around ours, and before it was over, they had convinced the American children to join them in making a so-called "peace ribbon," which was draped around the Pentagon—which the children concluded was the greatest threat to world peace. Something is terribly wrong when the sons and daughters of totalitarians can intellectually defeat the children of free men and women.

"After we pay for the exercise bike, the aerobics classes, the exercise videos, and the health-club membership, it cost you about a dollar an ounce to lose 25 pounds."

Now, I was tempted as I came across these stories to become angry at the children, but it would be wrong to do so. For these are, after all, our children—they are not any better or any worse than children have ever been. If they are not aware of the special freedoms they enjoy, then perhaps we haven't been aggressive enough in telling them about those freedoms. And, if they seem to be children who have forgotten the past, then perhaps it is because no one has ever taught it to them.

Our children are innocent, and God knows we wish they could remain so forever. But the innocent are easily beguiled. It is not an innocent world, and they need to know that in other places other children are being taught that America is the Great Satan that must be destroyed. It is those children that ours must be prepared to deal with if they are to pass on liberty to their offspring.

Let us then remind ourselves and our children of the special nature of the land we live in. In a world marked by the conquest of the weak by the strong, America occupies no territory. None, that is, except for those cross-and-star-marked plots where our sons, brothers, and fathers lie, eternally gazing into the sky above a hundred far-flung battlefields in lands we liberated.

And what of this nation in victory? Is there another country that has treated its defeated foes as well as we have? We rebuilt their cities, revitalized their industries, and gave to the people of Germany and Japan the chance to share the free institutions they still enjoy today.

There is another way, of course, to remind ourselves of the uniqueness of our land, and that is to count the feet that struggle to reach our free shores. We are a magnet to the oppressed of the world. They come to us fleeing every tyrant. They come in boats from the stormy shores of Vietnam. They come in rafts across the Florida Keys. They cross the hot deserts of the American Southwest. And they are, of course, but the latest examples of the long line of humanity that has risked death for a glimpse of America—for the chance to raise their children in a free land.

We are, as Walt Whitman observed, "a nation of nations." Diversity is a fundamental element of our culture, and one that we rightly celebrate. But we must remember that the "*e pluribus unum*" that defines us as a nation denotes unity as well as pluralism. There is a time for noting what makes us different, and a time for recognizing what we share.

continued on page 10

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Vitamin B12	50 mcg	Selenium	50 mcg
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FOOD

A CELEBRATION OF PLENTY

Here's a holiday meal whose secret is in the seasoning—a feast of plenty flavored with herbs and spices, but not a lick of salt.

by Allen Simon

It's time again to start thinking "Thanksgiving." Every year the *Post* offers a new and different approach to this most meaningful of Christian holiday meals, and this year we feel we've put our best feast forward.

Health-conscious homemakers (or whoever is doing the cooking honors at grandmother's house this year) will discover they can leave one ingredient shut up in the cupboard—salt. None is called for in the recipes. Instead, you'll be using a salt-free herb-and-spice blend, available in most grocery stores. The only difference you might notice is that previous Thanksgiving meals all tasted rather bland in comparison. Here's why: the corpulent capon at table's center is roasted in herbs and spices, and it takes on additional flavor from the Wild Rice and Mincemeat Dressing. The capon also has its own special sauce: a rich blend of currant jelly, orange juice, and port wine with a hint of lemon and ginger.

The appetizer dish is Sole and Spinach Pinwheels, braced with a dash of hot sauce and served with lemon butter; the vegetable is Brussels Sprouts with Vinegar.

And, of course, no fall feast would be complete without squash—here, a butternut variety, baked in the oven and sprinkled with toasted hazelnuts.

After all this, when satisfied appetites are registering "standing room only," there may still be space to squeeze in a dessert of spicy poached pears with cranberry sauce.

In all, this may be the most satisfying meal you'll serve all year—which is, of course, what Thanksgiving dinner is all about.

A holiday hit: roast capon with red currant sauce and spicy poached pears.

Herb Roasted Capon

(Makes 10 servings)

1 capon (about 8 pounds), thawed if frozen
4 tablespoons unsalted margarine
1½ teaspoons salt-free herb-and-spice blend

Preheat oven to 425° F. Remove neck, giblets, and loose fat from capon and reserve. Rinse capon inside and out under cold running water; pat thoroughly dry with paper towels. Mash margarine and 1 teaspoon herb-and-spice blend. At neck end, lift skin away from breast meat; spread 2 tablespoons seasoned margarine over breast meat. Press skin back into place. Sprinkle inside cavity with remaining ½ teaspoon herb-and-spice blend. Truss capon with string. Smear capon on all sides with remaining seasoned margarine. Place breast side up in lightly greased roasting pan. Roast until meat thermometer inserted into thigh registers 180° F. or juices run clear (about 1¼ hours). Transfer capon to serving platter and cover. Let stand 10-15 minutes before carving. Reserve pan juices for Red Currant Citrus Sauce.

Red Currant Citrus Sauce

(Makes about 1¾ cups)

1 can (13¾ oz.) unsalted chicke

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broth
¼ cup salt-free steak sauce
¼ cup port wine
¼ cup orange juice
1 tablespoon fresh lemon juice
2 tablespoons red currant jelly
2 teaspoons salt-free prepared mustard
1 teaspoon grated fresh ginger
1 teaspoon cornstarch dissolved in 1 tablespoon cold water

Pour off and discard fat from capon roasting pan. Pour in chicken broth. Cook on stove over high heat, scraping down browned bits with wooden spoon, until reduced to 1½ cups. Pour into medium saucepan. Stir in steak sauce, port wine, orange juice, lemon juice, currant jelly, mustard, and ginger. Cook over high heat until reduced to 1½ cups. Whisk in cornstarch mixture. Bring to boil, whisking constantly. Pour into sauceboats.

Wild Rice and Mincemeat Dressing
(Makes 8 servings)

3 cups unsalted chicken broth or *3 cups cold water*
1 package (8 oz.) wild rice, rinsed and drained
2 tablespoons unsalted margarine
1 cup chopped celery
½ cup chopped shallots or onion
1 cup prepared mincemeat
1 envelope salt-free crispy coating mix

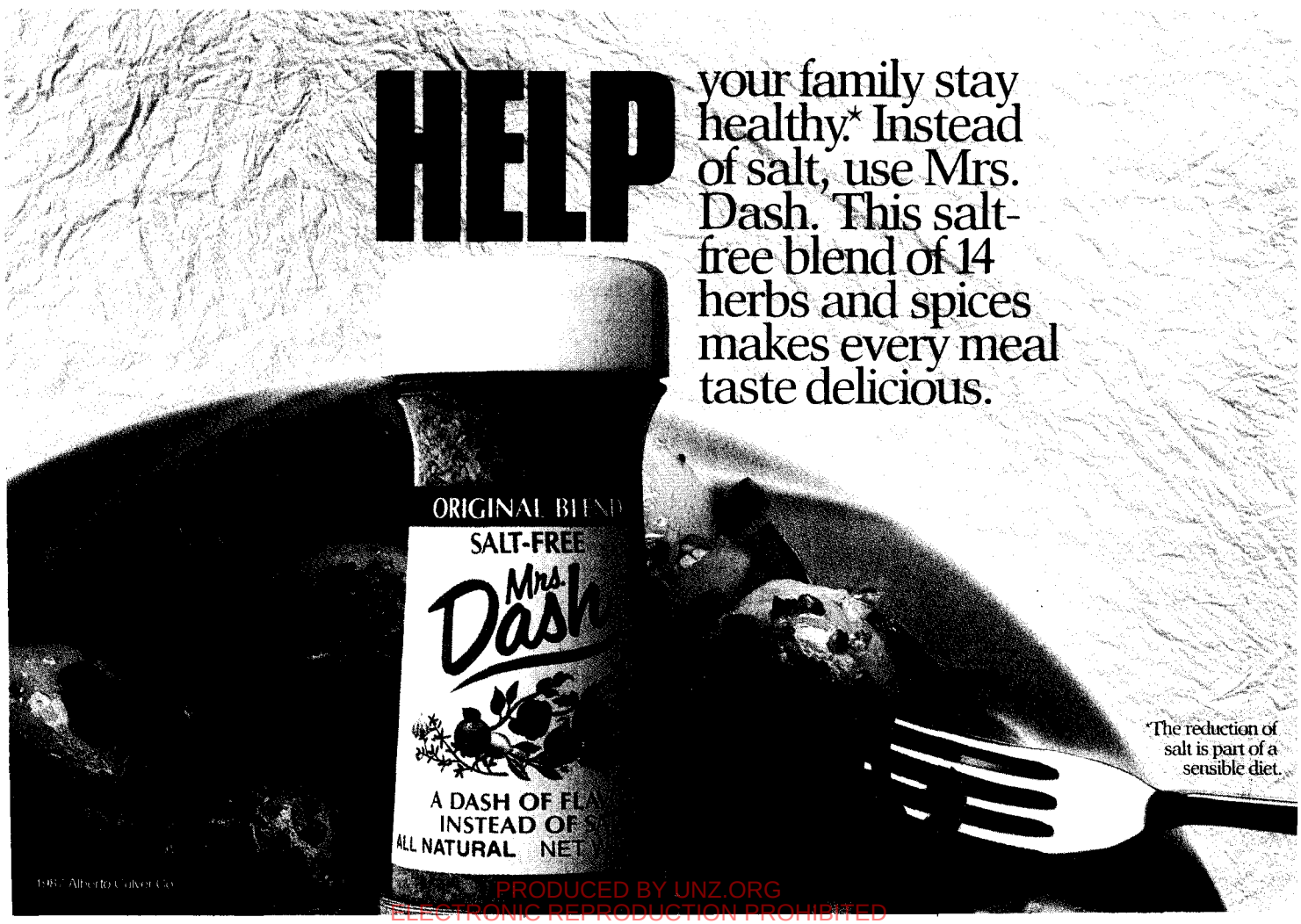
In medium saucepan over high heat, bring chicken broth to boil. Stir in wild rice. Cover and cook over low heat until almost tender and liquid is absorbed (about 40 minutes). Meanwhile, in medium skillet over medium low heat, melt margarine. Sauté celery and shallots until softened, about 6 minutes. Transfer to large bowl. Stir in rice, mincemeat, and crispy coating mix. Spoon into baking dish or casserole; cover. Thirty minutes before capon is done, put wild rice into oven to heat through (about 30 minutes).

Orange-and-Spice Poached Pears
(Makes 8 servings)

3½ cups cold water
¾ cup sugar
½ cup orange juice
2 tablespoons fresh lemon juice
Rind of ½ lemon, removed with vegetable peeler
Rind of ½ orange, removed with vegetable peeler
1 small bay leaf
3" cinnamon stick
3 whole cloves
¼ teaspoon salt-free herb-and-spice blend
8 pears (4 oz. each), peeled and top third cut off
½ cup whole cranberry sauce

In large saucepan, combine water, sugar, orange juice, lemon juice, lemon and orange rinds, bay leaf, cinnamon, cloves, and herb-and-spice blend. Bring to boil over medium heat, stirring to dissolve sugar. Reduce heat to low. Add pears, cover, and cook until tender (about 25 minutes). Remove bay leaf. Remove from heat and let cool in syrup. (May be made one day ahead and stored in airtight container in refrigerator.) To

continued on page 92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HOME IMPROVEMENTS

WARMING UP TO HEAT PUMPS

To take heat out of cold outside air and pump it into the house may sound like a Buck Rogers fantasy, but that's exactly how this special heating system works.

by Jack Hayes

Folks who grew up with coal bins, oil tanks, and gas meters have a hard time believing you can centrally heat a home without a furnace, but a few million American families have proven there's a way—or at least half a way—with an electric heat pump. If you have mild winters, good insulation, and a stable kilowatt rate, a heat pump may be just what you're looking for.

Heat pumps are little more than air conditioners that work in reverse during the winter. They take latent heat from the outside air and bring it inside. They use the same compressors, sealed tubing, and refrigerant as air conditioning, and they work on the same principle: condensation absorbs heat; evaporation releases it.

But how do you take heat out of cold air? How do you make it 70 degrees inside when the air outside is only 45? The answer lies in latent or *available* heat. By the laws of physics, cold air continues to hold some heat—even in temperatures down to minus 460° F.!

Think of your refrigerator, which is like a heat pump in reverse. Heat always flows from a warmer to a colder area. As long as the refrigerant cycling in the coils inside is colder than the air around it, heat will be drawn from the air inside the refrigerator and expelled. If you still don't believe there's heat in cold air, touch the coils on the back of your refrigerator.

Still, as air gets colder, taking the heat out of it gets harder. In fact, although heat pumps are highly efficient when temperatures hover in the mild range between 40° and 50° F., they lose that efficiency quickly when temperatures drop below 30. At 20° F. heat pumps don't do much heating at all—and below 20 they need help from supplemental sources, which is why engineers sometimes refer to heat pumps as "fair-weather friends."

Despite the numerous design changes that have improved their efficiency in colder climates, almost three-fourths of the nearly 1 million heat pumps shipped this year will be installed in the Sunbelt. Yet even in climates with mild winters, homeowners may still be better off with high-efficiency gas furnaces and electric air conditioners.

Home heaters with "smarts," heat pumps can automatically switch over to your furnace when that system is more cost-efficient.

The first thing to do if you're considering a heat pump is to compare relative energy costs in your area. In Atlanta and Birmingham, for example, natural gas is very competitive. But in rural parts of Georgia and Alabama—and many other parts of the South and West where *bottled* gas is the norm—electricity is cheaper, making heat pumps more attractive.

The level of comfort you expect is also important to consider. Homeowners who are used to the "feel" of warm (130° F.) air blowing from gas-fired-furnace registers may be disappointed with the cooler (85° to 100° F.) flow from a heat-pump system. On the other hand, heat pumps maintain a more constant, stable temperature than conventional furnaces, which deliver sudden blasts of heat. Location and size of the registers are critical to comfort with a heat pump.

Your home's "tightness" and insulation will either help or hinder the efficiency of its heating system—especially a heat-pump system, which brings the heat in gradually. If you're concerned about your energy bill, the first thing to do is to tighten up the cracks and add some insulation to the attic. Then, if your furnace is more than ten years old—and if the numbers say electric is the way to go—look at a heat pump.

Contractors who know heat pumps say they require more application of engineering skills to install than conventional heating-cooling systems. This means you'd better hire a contractor who knows the product. In fact, *who* installs the heat pump is regarded as much more important than the brand of system you buy.

"Ask your electric company to recommend someone," says Jackie Rainwater, an Atlanta heating contractor. Utilities have a stake in the success of heat pumps: they want to balance peak energy demand between summer and winter. To make you a satisfied heat-pump customer, they'll recommend a contractor who has generated the fewest complaints.

Plan on spending around $1,000 per ton or 12,000 Btu. In lay terms the cost of a heat pump for an ordinary three-bedroom home will hover around $2,000, which is about the same price as that of a conventional furnace.

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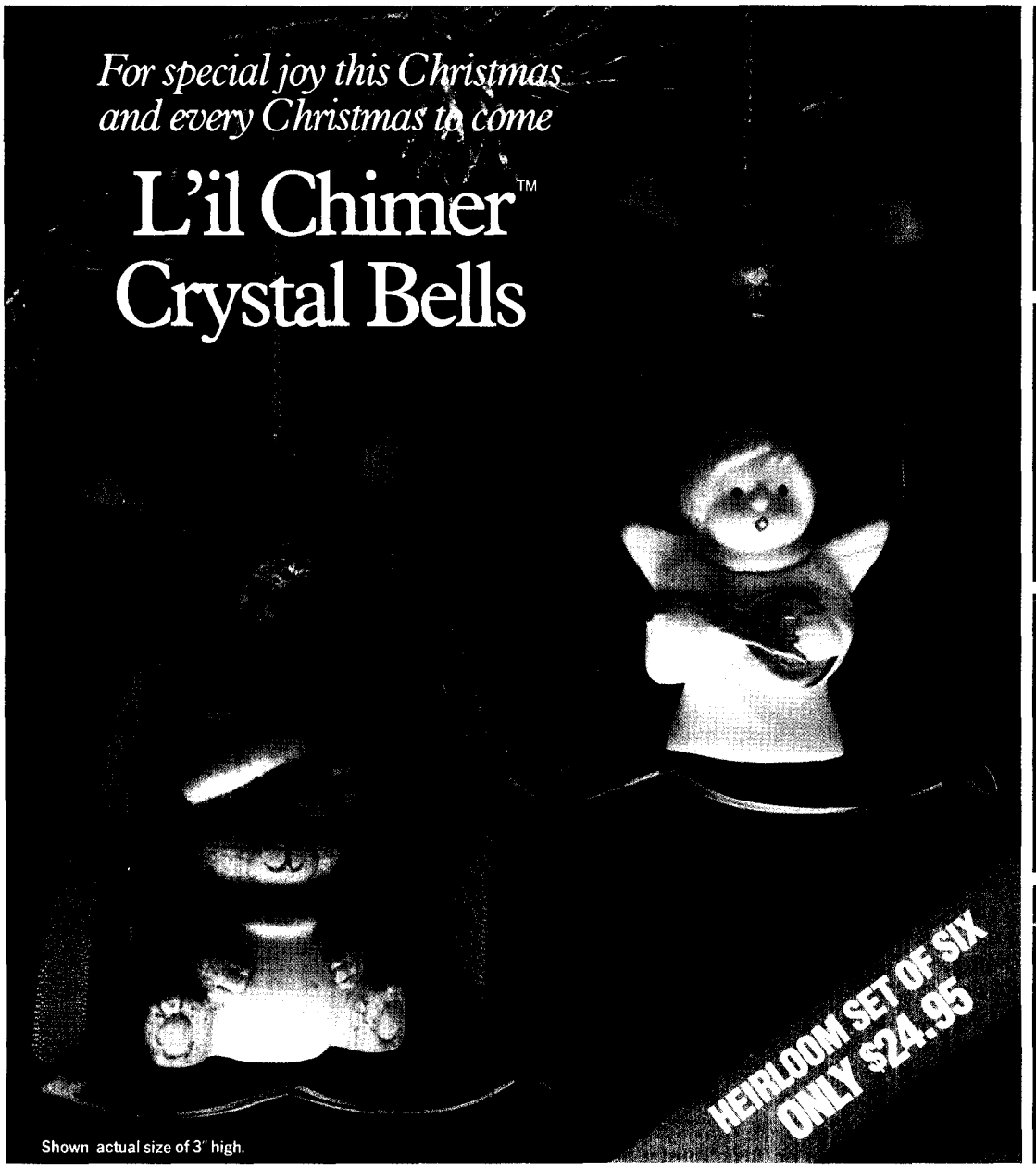

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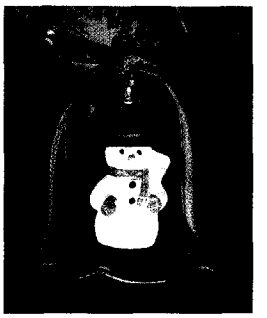

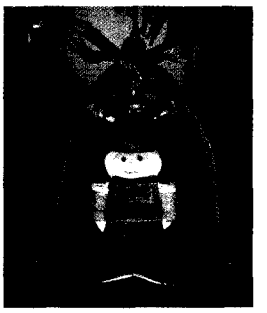

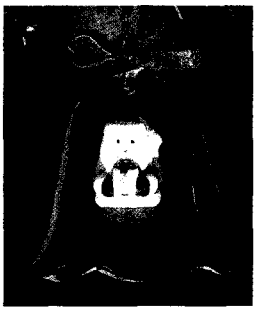

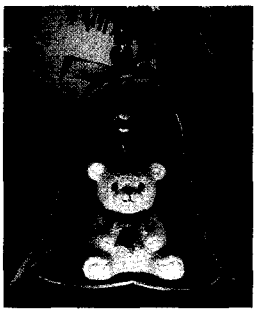

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VETS ON PETS

IS YOUR HOME SAFE FOR PETS?

Anything from panty hose to poison to a plastic bag can be a threat to a pet with a careless owner.

by H. Ellen Whiteley, D.V.M.

Mitizi, an eight-year-old poodle, could not adjust to company, so her owners shut her in the bedroom of their 11th-story condominium whenever visitors arrived. On one such occasion, a sunbather at the swimming pool below saw something leap from an 11th-story window and fall into a flower bed. That something was Mitizi! Remarkably, she survived. She suffered soft-tissue trauma with swelling and bruises, but she did not even have any broken bones.

Mitizi and her owners were extremely fortunate, but had her owners been a bit more conscientious about their pet's safety, the incident could have been avoided altogether. Her owners' bed was situated next to a screenless window, which had been left open. It was believed that Mitizi, who was blind, thought when she jumped from the window she was hopping out onto the patio, which she frequented.

Brush up on toxic substances—they've been removed from some home products, but it's best to play it safe.

It is, of course, impossible to list all accident possibilities, for animals and people are always coming up with new ingenious ways to hurt themselves: my advice is simply to *be aware* of situations that could lead to accidents. I trust the anecdotes and suggestions that follow will help pet owners raise their safety awareness.

Fire and Water

I once treated a basset hound named Rambo that jumped into a bathtub full of scalding water. The dog loved to bathe with its owner; however, this time the owner was called away to the telephone after turning on the hot water.

Another burn case I have seen involved a terrier that stepped on hot coals at a family picnic. Glowing coals left to cool and die without being put out can remain dangerously hot for many hours.

Animal owners who warm food or milk for young animals in a microwave oven should always test the temperature before giving it to them.

Fireworks are a serious hazard to pets.

Electrocution, as well as burns, can result from pets' chewing electrical cords or exposed wiring.

Fire departments recommend that pet owners post a description of the pets near entrances in case of a fire.

Incredible Edibles

Gretchen, a young schnauzer, was brought to the veterinary clinic because she was vomiting. "By the way," her mistress said, "I am missing one earring and some marbles that were sitting on the coffee table." You guessed it—the missing earring and marbles showed up beautifully on the radiograph.

That same week, my colleague performed exploratory surgery on a young Doberman pinscher with persistent vomiting and removed a pair of panty hose from the dog's stomach. I have seen similar cases involving cats that have chewed yarn or thread, often with needles attached.

I once had a call from a lady whose poodle was acting strangely. By the time I reached the hospital, however, the poodle was dead. In the necropsy, I found a large Brazil nut lodged in the intestinal tract. I concluded that the poodle suffered severe intestinal spasms and pain because of the lodged nut, went into shock, and died. However, the poodle had also consumed half a box of chocolate candy, which is toxic for dogs.

Young animals tend to explore and chew. Don't reinforce such behavior by trying to pull things from their mouth, because they are quick to interpret that as a game of tug of war. Present an acceptable chewable item, such as a rawhide bone, as a substitute. Puppies that have been taught basic obedience commands can be brought under voice control when they begin to chew unacceptable objects.

Poison Pitfalls

A complete list of poisons would be almost endless. Antifreeze is perhaps the best-known dangerous substance for pets. Because animals like its sweet taste, antifreeze poisons many animals in the fall as people are preparing their cars for winter. Cats can receive a fatal dose just by licking it off their fur.

One report stated that 7 percent of animals that accidentally inges

continued on page 7

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The Disney Collection announces the only officially authorized Golden Anniversary Collector Doll of

Snow White

Mirror, mirror on the wall, which collector doll is fairest of them all?

SNOW WHITE—"fairest of them all"—has been captured to perfection in this enchanting portrait doll. Designed by the artists of the Walt Disney Studio. Hand-crafted of fine bisque porcelain. Painted by hand. Richly costumed in luxurious satin, velvet and lace. Looking just as she did in Walt Disney's classic film, fifty years ago.

This is the *only* officially authorized Golden Anniversary Collector Doll of Snow White. And it is the *first* collector doll issued by The Disney Collection. A most important and desirable acquisition. A true collector's prize. An heirloom treasure for you and your family to enjoy now...and to be handed on to future generations in years to come.

A DOLL OF ENCHANTING BEAUTY

Snow White's wide-eyed innocence, her goodness, her natural grace and charm, her radiant beauty—all are faithful in every way to Walt Disney's original.

In the great tradition of collector dolls, Snow White is a true and authentic portrait and a doll of enchanting loveliness. Like the finest and rarest of 19th century portrait dolls, the sculptured porcelain of her head, hands and feet exhibits great refinement and attention to detail. Note the long, graceful fingers, for example. The adorable curves of mouth and chin. The trusting warmth of her eyes. The delicate flush that mantles her cheeks.

Her costume, too, is totally authentic to the film. Hand-tailored of sumptuous satin and velvet, at once rich and demure. The slashed, puffed sleeves...the fit of the collar...the fine, delicate lace that edges her petticoat...all reveal the Disney emphasis upon perfection of detail.

Standing a full 16 inches in height, Snow White is an outstanding achievement of the dollmaker's art—the first in a series of six Disney collector dolls that will also include Alice in Wonderland, Sleeping Beauty, Mary Poppins and other magical Disney characters which live forever in our hearts and minds.

VERY FAVORABLY PRICED

Snow White is a remarkable value at just $114.50 plus $3.50 for shipping and handling. Authentic portrait dolls of comparable quality and refinement often sell for far more. And you may pay for your doll in four convenient monthly installments of $29.50 each.

Your doll will be accompanied by a special display stand and an official Certificate of Authenticity bearing the signature of Mr. Roy Disney. Each doll will also bear the Disney Collection Hallmark, together with an individual serial number, forever attesting to its official status.

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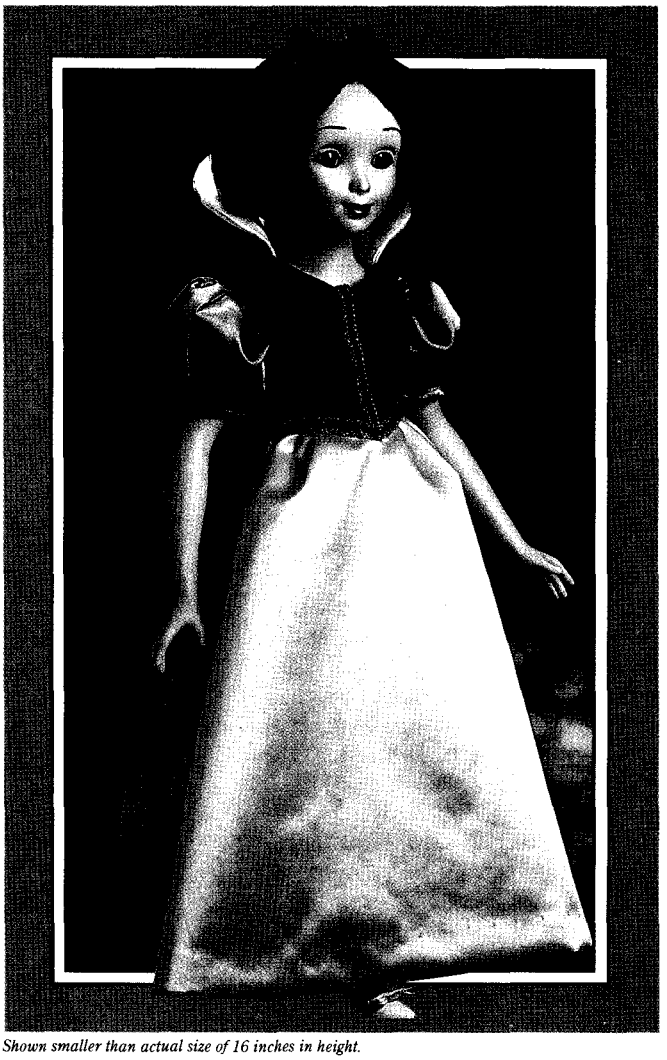

Shown smaller than actual size of 16 inches in height.

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This officially authorized Golden Anniversary Snow White Collector Doll is available *exclusively* from The Disney Collection. To acquire Snow White, the *first* collector doll from The Disney Collection, and to enter your subscription to what may well be the most important and most desirable series of collector dolls ever issued, please return the Reservation Application below.

RESERVATION APPLICATION ***Please mail by December 31, 1987***

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The price of this important, 16" collector doll is $114.50* plus $3.50 for shipping and handling, payable in four convenient monthly installments of $29.50 each.

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FOOTBALL FEUDS— ON THE FIELD AND OFF

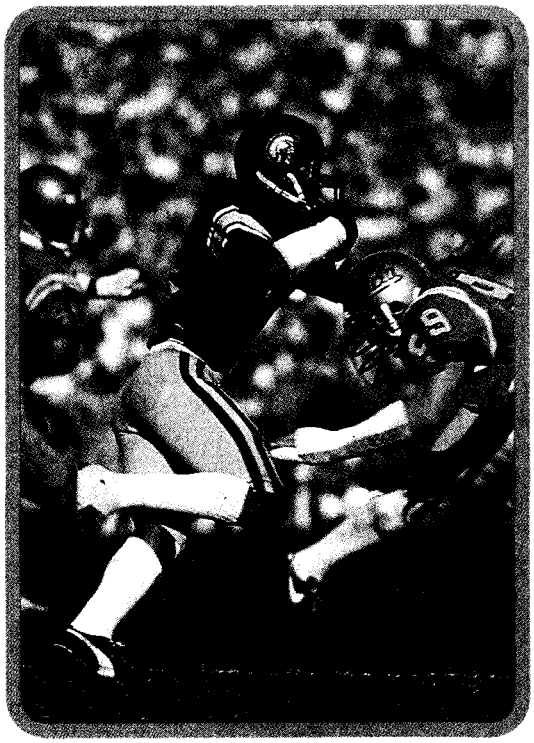
The rivalry between certain schools reaches such levels that one coach was led to say, "It's not a matter of life and death—it's more important than that."

by Ken Rappoport

A light rain was falling as the 1965 Notre Dame-Southern California game began. A player for the visiting Trojans took the opening kickoff; he promptly slipped and sprawled heavily on the turf without a tackler in sight.

"My God," said Southern California's coach, John McKay. "They've shot him."

McKay was only kidding, but the bon mot had a whiff of truth to it. Anyone who has witnessed one of these intense conflicts might not find the possibility so far-fetched. Collegiate football's legendary rivalries can inflame lunatic fan emotions. As the former UCLA coach Henry R. "Red" Sanders once said of the Southern Cal-UCLA feud: "It's not a matter of life and death—it's more important than that."



Marcus Allen, now with the Los Angeles Raiders, exemplifies the great running backs of Southern Cal—whose No. 1 goal is to run over UCLA.

An Attention-getting Series

The hallowed Army-Navy confrontation has produced some of football history's most memorable moments, on the field and off. West Point cadets and Annapolis plebes still talk about the heated argument between a brigadier general and a rear admiral during the game of '93. Tempers rose so high that the two finally challenged each other to a duel. It's uncertain whether the duel came off—but President Grover Cleveland's top did. Enraged at such an incident between two high-ranking officers over a "mere" football game, the president stopped the series for five years.

When play resumed, extra-game activities were restricted to less lethal pursuits, such as the Army's attempts to get the Navy's goat (the Navy team mascot). After one goat-napping, an ad appeared in the *New York Times*: "Hey Navy! Do you know where your 'kid' is today?" Professing "deep regret," Army finally sent the animal back to Annapolis with a diplomatic escort.

Freeway Free-for-All

Southern Cal and UCLA are in a one-of-a-kind situation because of their proximity—just ten miles apart in the same city. At game time, Los Angeles is a city torn in half by partisan passions. "It's probably the only rivalry where you'll find husbands and wives sitting on opposite ends of the field," says Gary Beban, UCLA's Heisman Trophy-winning quarterback of the 1960s. Beban calls the USC-UCLA game "the most special game you play as a Bruin, including the Rose Bowl."

USC-UCLA pranks usually deal with revered school objects. USC's snow-white horse, "Traveler," has been painted blue by UCLA students. "Tommy Trojan," a campus statue that symbolizes Southern Cal athletics, has at different times been painted and stripped of his sword. The stump was then welded on his back.

The Southern Cal-Notre Dame series, on the other hand, has been fought entirely on the playing field, not with campus pranks. Howard Jones, a Southern Cal coach, first invited Knute Rockne and his Notre Dame team to the West Coast in 1926. Since then, this series has usually meant something in the national rankings and has always left its mark on participants. Nick Pappas, a running back for Southern Cal in the 1930s, says of the rivalry: "Anyone who ever played in a Notre Dame game remembers every tackle, every block, every call in the huddle. It was a fantastic experience."

The River Runs Red

Oklahoma, like Southern Cal, has two major rivals on its schedule each year—Texas and Nebraska.

The Oklahoma-Texas game, called among other things, "The Battle of Red River" (for the artery that flows between the two states), is held at a "neutral" site—the Cotton Bowl in Dallas. Feelings know no neutrality however, in the biggest college football game in the Southwest each season. As Darrell Royal, a former Texas coach, says, "It is no place for the timid."

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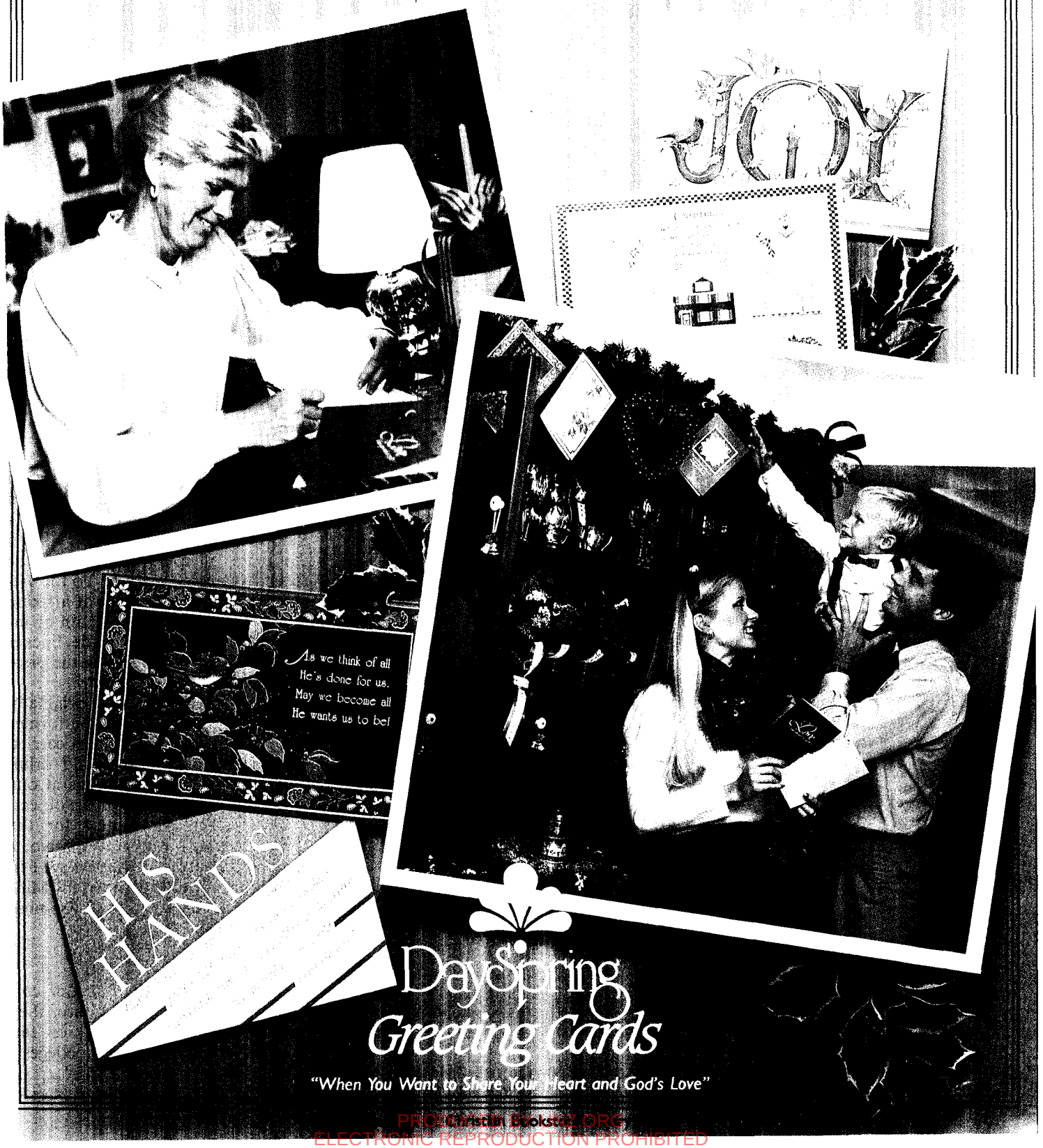

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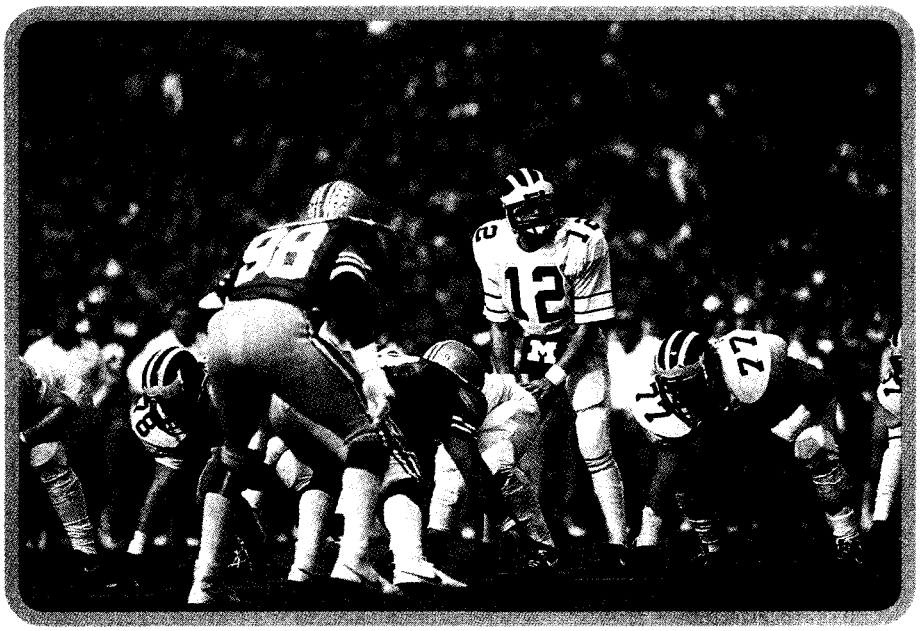

Michigan and Ohio State partisans hate each other to the point that Ohio State's Woody Hayes chose to push his car across the state line rather than buy gas in Michigan.

The rivalry became most bitter during the 1950s, when Oklahoma's Bud Wilkinson recruited many members of his undefeated teams from the state of Texas. Texans asserted that Wilkinson kept a squadron of planes at a hidden airfield north of the Red River on constant alert, ready to take off and corral any star high-school prospect in their state.

The Nebraska series may not be in quite the same ball park with the Texas rivalry, but Oklahomans are still psyched to madness each year for the Nebraska game. Since 1970, the Big Eight championship has usually hinged on the outcome of the Oklahoma-Nebraska set-to.

Big Ten or Big Two?

Michigan State has for years been a natural rival for the University of Michigan. Michigan students still wear sweatshirts—in State's green and white colors—reading, "If you can't go to college, go to MICHIGAN STATE." And Michigan students still wake up the morning of a game to find their grounds liberally decorated in green and white, courtesy of nocturnal State infiltrators. But heated as that rivalry has been, Ohio State has gradually become Michigan's No. 1 foe because of the continuing strength of these two teams in the Big Ten Conference.

Michigan-Ohio State games have decided the Big Ten title more than 20 times; a Rose Bowl bid and often a national championship are at stake. The rivalry reached flaming heights during the 1970s in the grudge battles between Michigan's coach, Bo Schembechler, and Ohio State's Woody Hayes.

Hayes, waging a year-round cold war with Michigan, refused to utter the name of his fiercest rival. He referred to Michigan simply as "that school up north" and to Schembechler, formerly an athlete and then assistant under Hayes, as "the coach from that school up north." On one occasion, the story goes, Hayes pushed his car over the state line from Michigan to Ohio simply because he didn't want to spend a cent, even for gas, in hated Michigan.

To the Victors. . .

Special trophies have added romance to several rivalries. "The Old Oaken Bucket," said to have been used as a drinking vessel by Morgan's Raiders of Civil War days, has been the prize of every Indiana-Purdue football game since 1925. To the victor goes both the privilege of affixing an "I" or a "P" to the chain of initials that dangles from the bucket and the honor of possessing the prize until the next game.

The "Little Brown Jug," originally an old gray plaster crock the former Michigan coach Fielding Yost carried around (so his players could drink fresh Ann Arbor water), was at one time football's best-known art object. The most famous contest for the "Jug" occurred in 1940, when No. 2 Minnesota beat No. 3 Michigan 7-6 in a hard rainstorm that turned the Minnesota stadium into a huge swimming pool.

Small Is Beautiful

Though the so-called "major colleges" get most of the fanfare, they certainly have no monopoly on fan fervor. Among the "small colleges'

continued on page 9.

In the nearly hundred-years football war between Army and Navy, off-the-field antics have ranged from goat-napping to the challenge of a duel between two high-ranking officers.

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Father Christmas

Father Christmas in Authentic Stained Glass from the Finest Stained Glass Artists in America

This colorful stained glass tableau shows the traditional Victorian Santa Claus figure—a classic and warm portrayal of the great gift-giver. He may be called Grandfather Frost or Father Christmas, but the image is the same—a benevolent character who distributes gifts at Christmastime.

Now you can own and display this valuable and enduring tableau—and be the giver yourself, to all your friends and family. It is a gift that will add joy and beauty for years and years.

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Yes, years and years and more. The skilled artisans who make the tableau here in the U.S.A. are the artists of choice of major museums and other fine art institutions. They carefully apply the 9 individual transparent colors one at a time and then fire them on textured cathedral glass, fusing the paint and glass as one. The colors will be as bright and cheerful 50 years from now as they are today.

Yes, this is truly stained glass in the manner of the masters. It is not just pieces of colored glass joined together with lead. It is painted glass in the technique developed in the 1600s and perfected in the 1900s by such artists as Tiffany and La Farge.

How to Display

The *Father Christmas* tableau has a tarnish-free, brass-finished frame. It can be displayed by hanging in a window with the chain provided or on a table or windowsill on the clear easel shown, also included.

Give the Symbol of Giving

Yes, this can be a joyful season of giving, if you act now. Give the symbol of giving and sharing—*Father Christmas*. Demand for the *Father Christmas* tableau is already great and considerable time is required to craft one perfectly. Send your reservation now, to allow time to handcraft your tableau(x) for Christmas gift-giving.

You might expect to pay $30 or $40 or more for this fine stained glass tableau. Your friends may think you did. However, the Stained Glass Guild, which is affiliated with the United States Historical Society (First and Main Streets, Richmond, VA 23219), is dedicated to making its work affordable and available to as many art collectors as possible.

Examine at No Risk

You may examine, display and show your friends, the authentic stained glass *Father Christmas* tableau, for 30 days with no obligation. If, during that time, you are dissatisfied for any reason, return the tableau in original condition and receive a full refund from the U.S. Historical Society. Even if you return the tableau, you may keep the free Christmas cards as our gift to you.

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Accompanying the *Father Christmas* tableau is a FREE gift of five Christmas cards featuring the *Father Christmas* scene. Ideal for gifts. Suitable for framing. $5.00 value.

Actual Size: 5¼" X 7¼"

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YES. Please send me _____ *Father Christmas* Stained Glass Tableau(x), framed in tarnish-free, brass-finished metal. A chain for hanging, easel for tabletop display, five FREE Christmas cards, and Certificate of Authenticity are included. $19.75 each plus $2 per order for shipping. Satisfaction guaranteed. Thirty-day return privilege.

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DENTISTS POLISH UP THEIR IMAGE

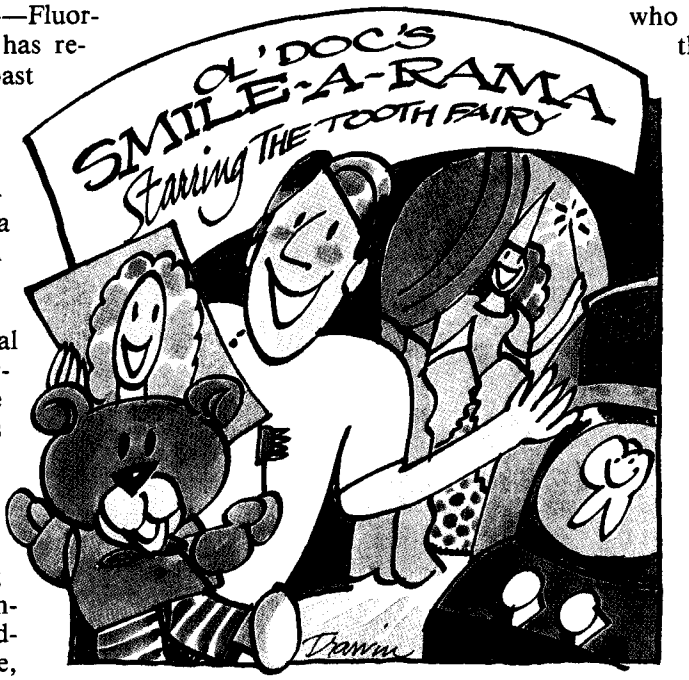
Faced with a cavity shortage due to fluoride in drinking water, dentists are examining new ways of filling their office chairs.

by Donna Boetig

Illustrated by Don Trawin

Crownsville, Maryland——Fluoridated drinking water has reduced cavities sharply in the past 15 years—and has transformed dentists from medical professionals into entrepreneurs. No longer is it feasible for a dentist to put up a shingle and "drill, fill, and bill," says Allan Dana, an associate professor at the University of Maryland Dental School in Baltimore. To flourish in today's competitive field, a dentist must have as much marketing savvy as medical expertise.

Thus, dentists are drilling away at their image as pain producers and polishing up on the finer points of dental health and beauty, including preventive, reconstructive, and cosmetic dental care. Only by combining creativity with their craft are dentists able to carve out a piece of the shrinking patient pie.



Hur-ry, hur-ry, hur-ry for the time of your life in the dental chair! Only a few reservations left!

Anne Arundel County in Maryland, typical of other upwardly mobile counties across the country, hosts a full range of "gourmet" dentistry. One dentist "caters to cowards" and promises "total care completed in one visit (no matter how extensive)—while you sleep." Another emphasizes "total relaxation" and encourages walk-in patients.

Besides fewer cavities to treat, dentists have recently been beset by another concern—dentist glut. In 1980, enrollments in the nation's dental schools peaked, and colleges "realized they were graduating more dentists than the economy could handle," says Dr. Eric Solomon of the American Association of Dental Schools Application Service. In response, the University of Maryland Dental School has cut its class size by a third over the past eight years. Despite slimmer patient numbers, however, Maryland dentists' net incomes average about $70,000—typical of the national average.

Although competition is stiff, the need for dentists remains strong, says Errol Reese, dean of the Baltimore College of Dental Surgery. Almost 98 percent of the nation's population has some form of dental disease, he says, and half the population isn't receiving dental care. Therein lies the challenge to dentists, Reese says: to convert need into demand, to persuade the other half of the population to hop into that dental chair.

Two relatively recent trends have altered the landscape of dentistry. One is the growth of chain dental clinics. These clinics capitalize on patients who probably wouldn't otherwise see a dentist, Dana says. Tests confirm that the quality of dental care in retail outlets is equivalent to that delivered by private practitioners, he says—although, he adds, the clinics lack the relationship formed when a patient routinely sees the same dentist.

Another trend in dentistry is the growing popularity of dental insurance plans, which generally fall short of covering full dental fees. Dentists who accept these programs to keep their practices alive "are cutting their own throats," Dana says.

Although retail dentistry and insurance plans are "bringing the patients in in droves," they are also losing them almost as quickly, Dana asserts. Continuity is lacking. "We want to see private dental practices that give care, not in gimmicky marketing techniques, but in true concern," he says.

To prepare dental students for a modern practice, the University of Maryland is 1 of 5 dental schools of the 57 in the nation that help graduates make it as businessmen, too. "Dental Practice Management," a required course for upperclassmen, focuses on planning long- and short-term goals for practicing dentistry, selecting a management style, establishing a business philosophy, and controlling a practice.

For those dentists whose curricula were heavy on science but light on business management, nationwide dental consultants, such as Paragon Management Associates Inc., offer a hand. Paragon's consulting program teaches dentists how to increase incomes through quality service and staff.

"The need is desperate," says Linda Kunnath, Paragon's vice president of consulting. "Dentists focus on the oral cavity while the business world is passing them by. Even worse, Joe Public hates dentists. The dentist must deal with this negativism all day, and if he buys into it, he's lost.' Profitable practices are not as easy to come by as in the 1960s. "If you want

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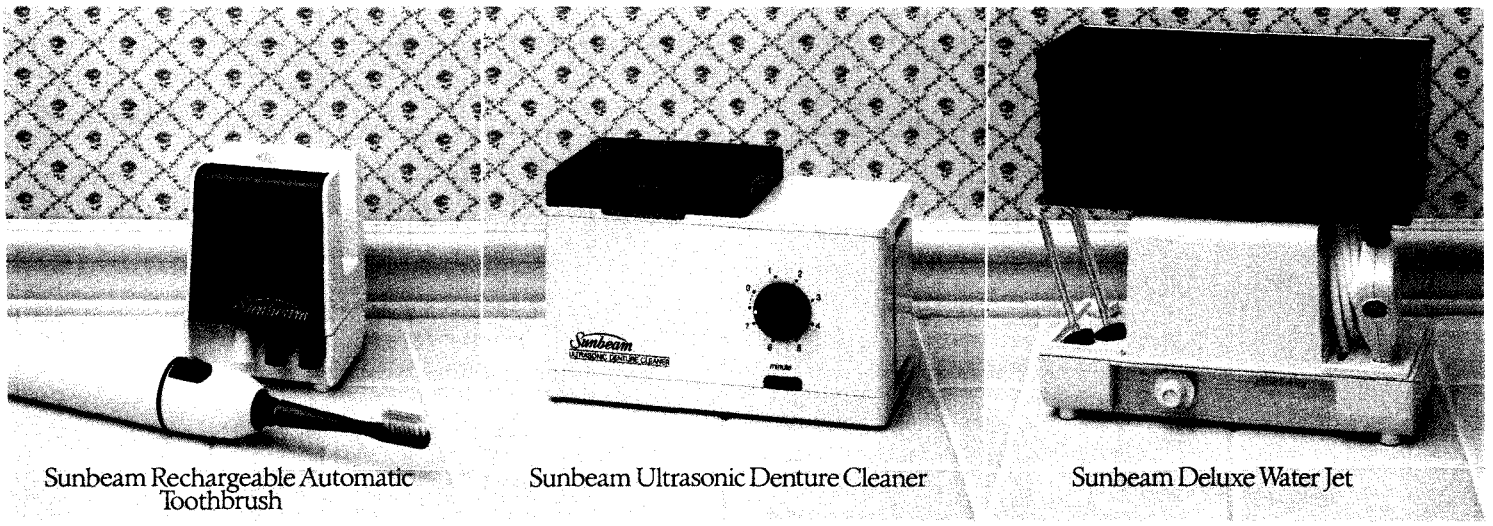
Fitness Equipment.



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For more information, write: Sunbeam Dental Products, P.O. Box 59549, Chicago, IL 60659.

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to get bigger," she says, "you have to hustle."

Dr. John M. Tatterson and Dr. Albert Lee offer "Gentle Dental Family Care" at one of Anne Arundel County's largest practices. The staff of 15 serves more than 6,500 patients a year.

Dr. Tatterson didn't actively market his practice until 1983. Within a year of pursuing a vigorous public-relations campaign through direct mail and newspaper coupons, among other strategies, he doubled his practice. Dr. Tatterson recently completed a 12-month dental management and motivational seminar. "We learned how to project a friendly, caring environment," he says.

Today a wood stove warms a reception room complete with a television, a playhouse, and a seven-foot stuffed bear holding a toothbrush. A full-time employee coordinates "patient relations" by sending flowers and balloons to patients, arranging roller-skating parties, and soliciting newcomers through direct mail.

"My vision of dentistry was naïve," Dr. Tatterson says of his dental-school days. "There are just too many dentists today. To exist you have to be employed in an existing practice or a clinic, or specialize. I have to be different in my approach. It's a challenge and a lot of work."

Dr. Rodney Floyd of Crownsville, Maryland, has taken the community-service route. He spends about 20 percent of his week spreading his dental-care message to everyone from day-care children to Cub Scout troops, from elementary students to nursing-home residents. Dr. Floyd and his staff come dressed as the tooth fairy, or as a parade of characters from *The Wizard of Oz*. Some of his sessions include drawings for special prizes: brunches for Mother's Day, stuffed animals for Easter. Between holidays, guest appearances, and dental visits, Dr. Floyd's quarterly newsletter ensures that his name is on the tip of his patients' tongues.

Dr. Floyd draws the line at coupons or discounts, which he declines to offer. "We had to decide whether we wanted to concentrate on producing an image or promoting our business," he says. "We chose the image."

Despite these efforts, the impact of such community relations on a practice is hard to measure, says Dr. Floyd's office manager, Jeanette Wissman. The majority of Dr. Floyd's new patients are referrals, but whether they've heard of his community work is not known, she says.

Recently, Dr. Floyd computerized his practice. Now, within seconds of receiving a patient's call, the caller's dental and personal records flash on a screen in front of the receptionist, making her privy to a patient's past treatments—in addition to his birthday and special interests.

Dr. C. J. Tull of Annapolis, Maryland, is a pediatric dentist. His phone number ends in KIDS, and his treatment room is an open bay with a Pac-Man video game in the middle.

Still others, like Dr. Nancy Chu of Brite Dental Care, market themselves to cowards. "Thirty to 40 percent of the people who don't go to the dentist don't go because of fear," she says. "We cater to dental phobias."

Thanks to her method of "twilight sleep"—a conscious sedation produced by sedatives and a local anes-

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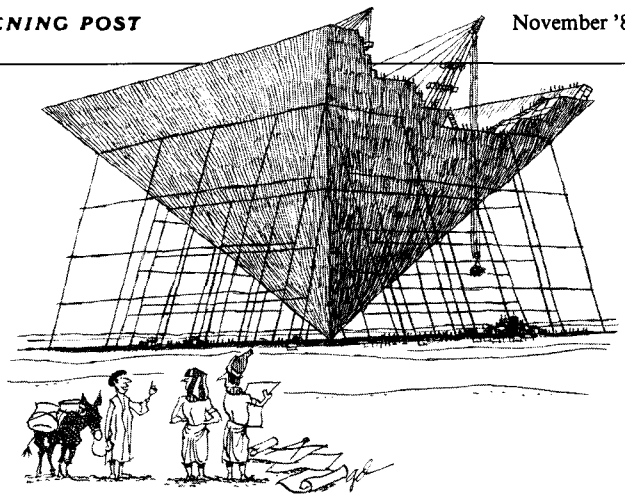
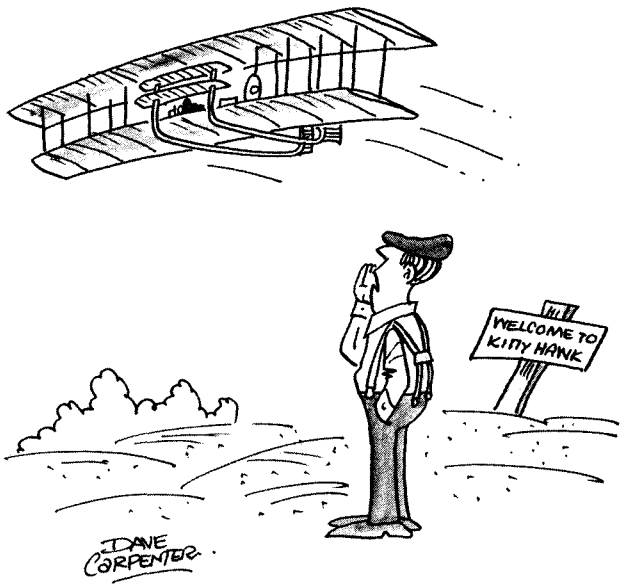
LOWLIGHTS OF HISTORY



"I know it's none of my business, but could I make just one suggestion?"



"While you're up there, Orville, see what the traffic is like."

"Maybe it's just as well the artist didn't show after all."

"I only invented the darn thing yesterday, and this morning, Watson calls in sick!"

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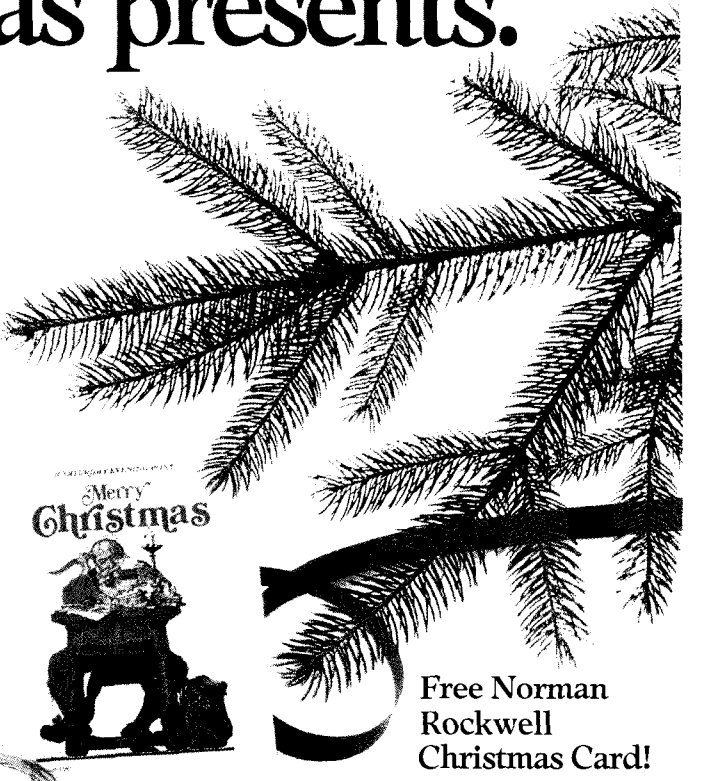
How to avoid driving to the mall in the snow, being crushed by the crowds, ignored by sales clerks, and still not finding the right Christmas presents.



Give *The Saturday Evening Post.*

Well, it's that time again. Time to get out the old note pad and begin making a Christmas list. Time to begin chewing on the pencil as you rack your brain trying to come up with just the right gift for the family and the relatives and your closest friends. Time to check on your foul-weather gear for those forages into the shopping malls, and time to begin fortifying yourself with vitamins for the mauling you'll get from crowds as frantic as you are to come up with gifts that won't be returned on the morning of December 26.

But . . . not this year. This year you can be spared all that hassle with only a few flicks of your Bic (pen, that is). Although we'll be running a gift idea section in our December issue, there is really no more practical gift than our own, all-family *Saturday Evening Post.*

For mom: food, recipes, health, religion. For dad: sports, travel, humor, popular personalities. For the teen-agers: cartoons, puzzles, contests. For the pre-teen: four-color illustrations and pictures that call for mom or dad, or maybe big brother or sis, to read the captions, if not the stories.

All that is left for you to do is mail the postage-free card. We'll return to you the beautiful Norman Rockwell Christmas card shown here for you to sign and forward to each family on your gift list.

Now . . . wasn't that easy? And you didn't even get snow down your neck or a single umbrella poked into your midriff.

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MONEY TALK

MAKING YOUR MONEY GROW

by Venita VanCaspel

Q. I have $40,000 to invest. I am 89 years old and want security and income. I am thinking of investing in certificates of deposit. Is interest on the rise again? An annuity insurance policy paying 9 percent has been recommended to me. Would you recommend this?

A. Interest rates on certificates of deposit may not rise greatly over the next few months. Even so, a certificate of deposit or a money-market mutual fund is probably the best choice for you. A money-market mutual fund is a mutual fund composed of large certificates of deposit (which usually carry higher interest rates than small certificates), cash, and cash equivalents. You would be drawing the current rate of interest. There is no charge for early withdrawal, and there is no commission to use them. You can write checks on the fund in amounts of $250 or $500 or more (depending on the fund's limits) and still draw interest until your checks are presented to the fund for payment. Interest earned on your account can be reinvested without charge or can be sent to you. I like money market mutual funds because they are flexible and they do not tie up your money for a long period.

I definitely would not recommend your purchasing an annuity at your age. Once you "annuitize," your principal is not available to you.

Q. I recently invested in a well-known government-securities fund and am reinvesting my dividends and gains. The shares have since dropped in value. Was I well advised or did I make a mistake?

A. I personally do not recommend government-securities funds, even though they are very popular and billions of dollars have been invested in them the past few years. The reason your share value has gone down is that interest rates have gone up since you purchased your shares; therefore, new investors discounted the securities in your fund until they yielded the current rate. I consider the management team you mention (which I have omitted) to be an excellent one. I recommend that you exchange your shares of the government-securities fund for one of the team's common-stock funds that stresses growth and income. There is no charge to make this exchange. As a matter of fact, you may save some income tax this year by establishing your loss in your government-securities fund. This common-stock fund gained 21.7 percent last year, 182 percent the past 5¼ years, and 297.5 percent over the past 10 years. (There's no guarantee of future performance.) If you should need income in the future, you can take your dividends and gains in cash quarterly or begin a monthly withdrawal program.

"Darling, we'll make it if we economize. For starters, how much do you think you can get for that outfit?"

Q. Thirty members of our church want to start an investment program to benefit our Christian school. What investment plan do you have to cover such an idea, and how much would such a school be taxed?

A. I recommend that you set up such a fund through your church or Christian school, which you have no doubt incorporated as a nonprofit charitable organization. Those who make cash contributions will be entitled to take deductions on their federal income-tax returns if they itemize.

I recommend that you choose a family of mutual funds that has a top money-management team as your investment vehicle. You should then suggest to your members and to any others you can interest that they make a monthly contribution of a fixed amount, which will in turn be invested in a quality growth fund in this family of funds. Investing at regular intervals can give you a mathematical advantage we call dollar-cost-averaging, which means as the market fluctuates, you will buy more shares at a low cost than at a high cost and receive an average cost for your securities, so if the market eventually goes up, you should have a gain. Of course, you want to encourage lump-sum contributions also.

It would be good if you could let your funds build for at least three years and then, if you needed funds for the school, begin an 8- to 10-percent withdrawal program. If all went well, you could then maintain your original capital and have the remainder grow.

Q. My husband and I have raised six children, and now that they are married, I have gone to work because I was lonely. I can save $100 a month from my small earnings. I am 54 and my husband and I have no savings. Is it possible to invest just $100 a month?

continued on page 77

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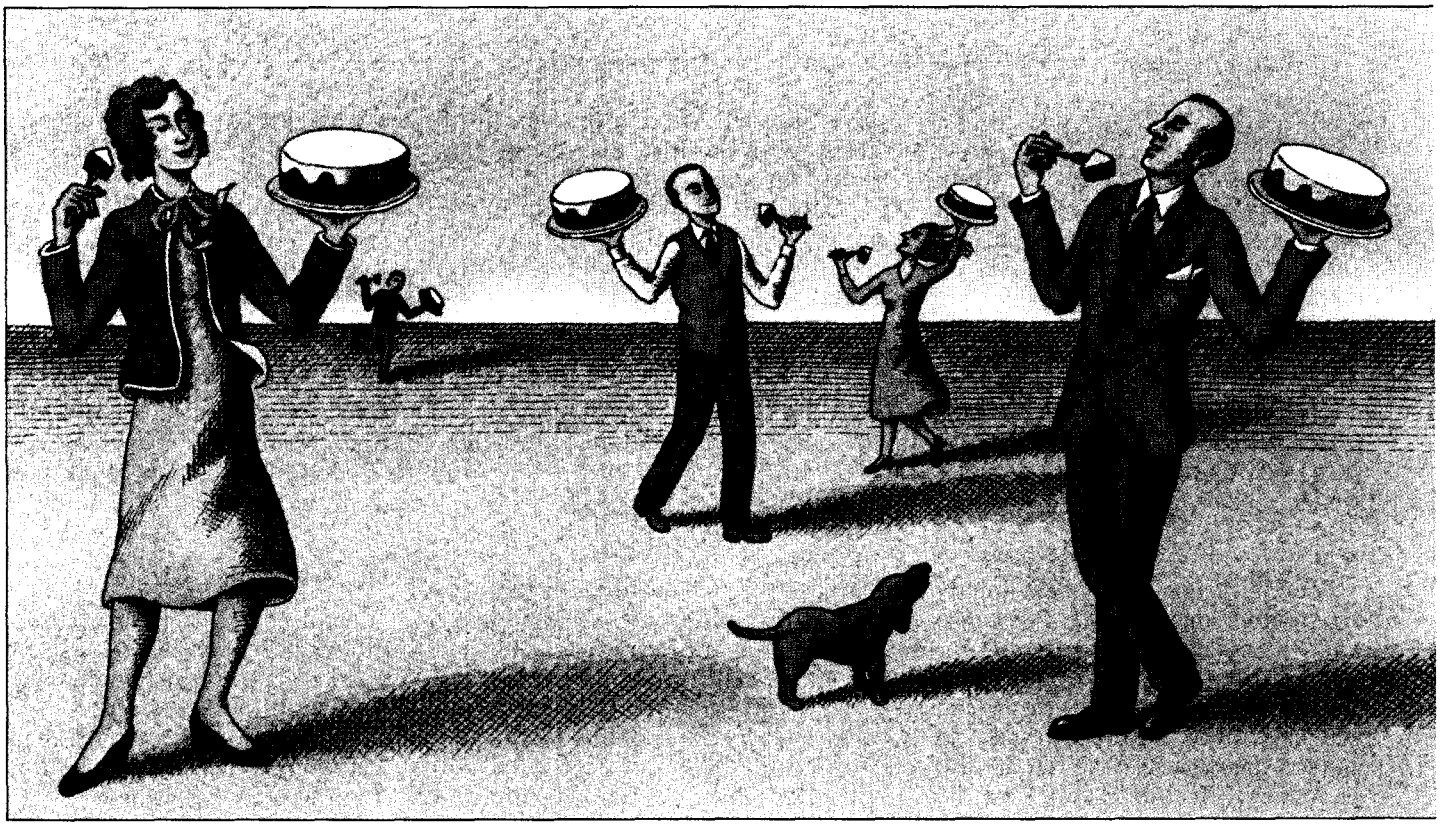

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POST SCRIPTS

A Turkey of a Day

This odd holiday is wedged between
Christmas day and Halloween.
It comes without gifts, treats, or such;
Just ask a child—it doesn't have
much.

The kids must get dressed up to play
While mom's stuck in the kitchen all
day.
It seems this day is destined for dad—
He's dozing by the TV.

—Ann Yost

License to Kill

Four businessmen invested jointly in a hunting lodge deep in the woods, where every year they would meet for a couple of weeks or so.

"We want to rough it," they would tell their wives. "No hot water, no modern conveniences, and above all, *no women*." Naturally, one year the wives decided to follow their husbands as a surprise and ended up rudely surprised themselves.

"You gals better beat it, quick!" an old guide advised them. "This time these fellows brought their wives along!"

—Kris Lee

Fraudian Psychology

Don't worry if your child gets excited over nothing. He may grow up to act in TV commercials.

—Martha J. Beckman

Skull Duggery

During the strike at the graveyard
There was nothing else we could do
But continue our operations,
Using a skeleton crew.

—Henry F. Hill

A Strapping Young Man

On the subway, a man got up and gave his seat to a lady holding on to a strap. Surprised, she asked, "Why did you do that?"

"Madam," he replied, "since I was a little boy I've always had great respect for a woman with a strap in her hand."

—Rose Sands

The Rhythm-and-Blues Method

Timing is important
When planning to have kids;
It's not the dos and don'ts that count,
It's the counting of the dids.

—Charles Ghigna

From the Top

Looking over the rim of the volcano's crater, the American tourist remarked, "Kind of reminds one of hell, doesn't it?"

The guide threw up his hands. "These Americans!" he exclaimed. "They've been everywhere!"

—Oliver E. Frazier

Reading Her the Write Act

"I read your manuscript, young lady," the pretentious publisher said, bristling. "I admit it has some merit, but many parts ramble or are obscure. You must learn to write so that the most ignorant of readers can understand you."

"I will," the authoress said coolly. "Tell me, which parts gave you the most difficulty?"

—James Curnane

Eye Can't Keep a Secret

Medical science has yet to discover an ailment that will arouse the interest of friends and neighbors as much as a black eye.

—B. Bader

Business Before Pleasure

Stunned by the beauty of a new secretary, two executives resolved to make her adjustment to the firm their personal business.

"It's up to us to teach her what's right and wrong," one said.

"Do you have anything with a little more privacy?"

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"Agreed," the other said. "You teach her what's right."

—Bobbie Mae Cooley

Broad Strokes

When a particular artist painted scenes of the prairies, he would depict the villages and fields the way he wished they looked, rather than as they were. Once, after completing a picture of a neighbor's farm, he showed his work to the farmer.

"Yep, looks just like it," the farmer replied. "And thanks fer cuttin' the weeds."

—Don Lindal

Ya Gotta Hand It to 'Em

"I ain't much of a talker," the ranch foreman announced brusquely. "I don't waste much time that way. But if I want ya, I'll whistle for ya. So when ya hear me whistle, don't bother askin' what I want, just come a-runnin'."

"I'm like that, too," the would-be cowpoke answered. "Not much of a talker. So when ya see me shake my head, it means I ain't a-comin'."

—Kenneth E. Hall

That's a Jock, Son

The fellow had just received his first drink and was enjoying his first sip. Being new to the place, he asked the bartender if he enjoyed dumb-jock jokes. The beefy attendant leaned over the bar and fixed a withering glare on his customer.

"Listen, buddy," he growled. "See those two big guys on the left? They're the starting tackles for the Bears. See that big guy on your right? He's a pro wrestler. And that guy in the corner is a champion weight lifter. And I lettered in three sports at Notre Dame. Now, are you sure you want to go ahead and tell your dumb-jock joke here?"

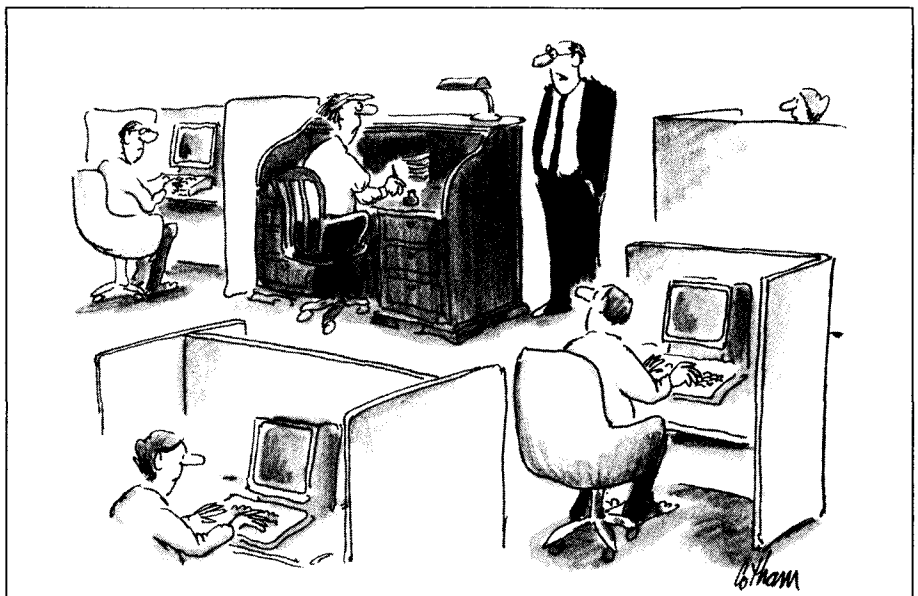
"Nah, guess not," the man replied after a moment. He laid down his money. "I wouldn't want to have to explain it five times."

—Bill Kreifeldt

Until Proven Innocent

The state trooper is writing a ticket
For a driver he stopped for speeding.
The man feels like a helpless victim
And asks, after much fruitless pleading,

"How do you treat *really* guilty drivers?"



"I'd like a word with you about your work station."

The officer replies, with dispatch,
"I wouldn't know, for the innocent ones
Are the only ones I ever catch!"

—Muriel Kovinow

Pigging Out

My son lives in a pigpen;
That's how he prefers his room.
I dare not touch a pile of tapes,
Beer sign, or sports accume.
I'm not complaining about the mess.
The jumble bothers me not a minute,
Except when I want him to help me out
And he's camouflaged within it.

—Margaret Knights Hultsch

Deft-initions

Travel service: Flee market
Budget: Quantity control
Plastic surgeon: Scar gazer
Gossip: Tale wind
Nostalgia: Life in the past line

—Hank Billings

Finding Fault

"Honey, when you say living with me is like being in the middle of an earthquake, does that mean you feel the earth move when you stand next to me?"

"No, it actually means you're always making cracks when I'm trying to be on the level."

—Henry J. Hawkins

An Open-and-Shut Case

The two men were discussing the less-than-fine points of a particular man everyone in the village shied away from.

"I'll say one thing for the old goat," one said, "at least he isn't prejudiced."

"I know," the other replied. "He treats everyone the same regardless of race, creed, or nationality—like dirt."

—George A. Jackson

A Cut Above

The headwaiter of a plush restaurant noticed that a diner had tucked a napkin into his shirt collar as he seated himself at a table. Horrified, the headwaiter called over one of his charges and pointed out this glaring breach of etiquette to him. He instructed the waiter to have the matter corrected quickly without offending the guest.

Without fuss, the waiter walked briskly to the diner. Bowing, he asked quietly, "Sir, will you have a shave or a haircut?"

—James Curnane

Forking It Over

The headmaster of a posh New England school was astounded to see one of his students wipe his fork on the tablecloth. As he fixed on the young man a stare that could have killed, all conversation ceased.

"Do you do that at home?" he demanded acidly.

"No, sir," the boy replied. "At home we have clean forks."

—Martha J. Beckman

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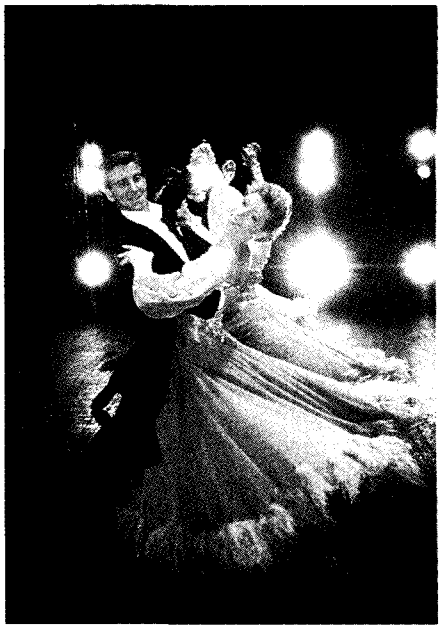

Partners wanting to keep in touch have reprieved ballroom dancing from the endangered list of social activities.

HAVING A BALL

Dance floors dark for decades are now coming alive under the feet of the under-40 crowd, who are giving ballroom dancing a whirl.

by George Heymont

During the first half of the 20th century, Americans took great delight in ballroom dancing. Such traditional European steps as the waltz and polka alternated with such smoky Latin routines as the mambo and samba. After watching Fred Astaire kick up his heels on the silver screen, many dapper young men fantasized about putting on their top hats, white ties, and tails to dance the carioca or the continental to the strains of *Begin the Beguine*.

In the good old days of social dancing, nearly 100 volunteer instructors were retained by the management of the Indiana Roof Ballroom to teach patrons the latest steps. Flappers did the Charleston, and during the Great Depression, thousands of marathon dancers struggled to stay on their feet to win desperately needed cash prizes. Coat-check facilities were available for 4,000 guests, and conga lines snaked across the ballroom's 8,700-square-foot dance floor until the jitterbug, lindy, and cha-cha took over the scene.

Indianapolis teen-agers attended their high-school proms under the room's starlit "Mediterranean" sky, and on one seemingly magical night, a human-sized rabbit led a chain of dancers in the bunny hop. Then, just as talking movies had forced vaudeville to suffer an untimely death, a peculiar combination of social and economic factors conspired to make ballroom dancing an endangered form of entertainment in America.

What happened? Hollywood stopped making expensive movie musicals at about the same time that inner-city troubles caused a massive exodus to suburbia (where Friday nights became devoted to supermarket shopping instead of ballroom dancing). Places like New York's famous Roseland, which had unprofitably large dance floors, found it difficult to pay their rent.

In the '60s and '70s, while performing the frug, jerk, twist, hustle, and boogaloo, many people became absorbed in such isolated forms of self-expression that they never even bothered to touch their partners. Even though adults still danced the fox trot, cha-cha, and jitterbug while attending weddings and bar mitzvahs, ballroom dancing was perceived as being part of a celebration rather than a social activity that could stand on its own. Marge Champion, who, along with her late husband, Gower, had achieved fame as one of America's top dance teams, worried that ballroom dancing would soon become a lost art.

A lost art, indeed.

Today, ballroom dancing is making an astonishing comeback among the under-40 crowd, who once laughed at their parents for touch dancing "the old-fashioned way." Why is this dance form becoming so popular with people who grew up listening to Bob Dylan and the Beatles? Because many are now attracted to the beauty of its movements and the ways in which ballroom dancing—which is based upon a solid combination of physical intimacy, tenderness, and unquestioning dependency—can make them look glamorous.

Whatever the attraction may be, many social and athletic clubs (including the New York Health & Racquet Club) are now replacing some of their aerobics classes with introductory lessons in ballroom dancing. "As people seek out a more conservative social image in a turbulent

Summer camps that once went overboard for water sports, hiking, and arts and crafts are changing the kids' dancing style from spasmodic to ballroom.

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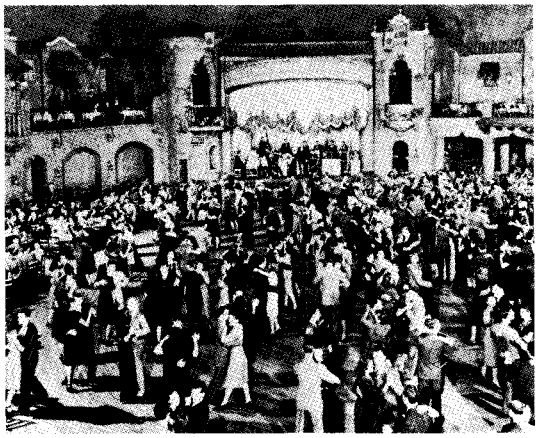
world, one senses a strong desire for refinement," observes Teddy Kern, who teaches ballroom dancing in a New York studio. "Ballroom dancing offers successful men and women a way to meet other people who earn money, spend it, and like to dress up. It's an activity that is totally respectable, can always be done with someone else, and is performed in an environment that has a positive ambience.

"Ballroom dancing is also a way of acting out acceptance and respectability," says Kern, who is also a dance instructor at Baruch College. "One of the reasons why ballroom dancing has become so attractive is that it's never done in a sad or depressing environment."

In 1976, San Francisco's Hyatt Regency embarked on an experiment that became so successful it has now become one of the hotel's biggest attractions. Its Friday night tea dances attract a crowd of nearly 300 young professionals who dance to the music of the Del Courtney Orchestra after leaving their offices in the financial district. For some of these yuppies, ballroom dancing offers a chance to kick up their heels. For others, it is merely good exercise.



America's young couples are hitting the dance floor with a vengeance. In Indianapolis, the Indiana Roof Ballroom has reopened after a $6 million restoration that included the installation of strobe lights and computerized fog, bubble, and snow machines, and a hot new dance hall called the Cat Club has opened in New York.

From June 4-8, the mid-U.S. Tournament & Dance Championship contest, which features a $25,000 purse and performances by Brigham Young University's Ballroom Dance Company (the undefeated U.S. Formation

continued on page 76

Indiana's one-time premier nightspot (above) makes a comeback (below) as a new generation waltzes under starlit Spanish skies to the tune of a $6 million renovation of the breathtakingly beautiful Indiana Roof Ballroom in Indianapolis.

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The Post and free oat bran.

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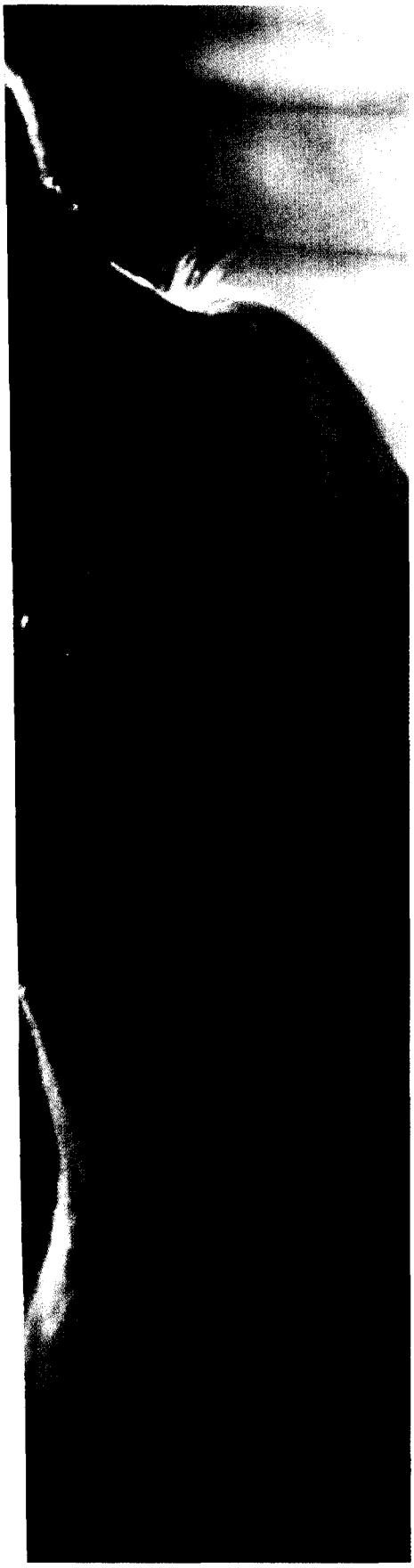
That's health sense.



Which is smarter, the horse or the human? If you say the human, how come horses were getting the benefits from eating oats while we humans were fattening up on bacon and eggs?

We aren't implying that horses realized the benefits of oats went beyond taste. Nor that they gave a hoot—or whinny, rather—that oat bran is effective in preventing diabetes, heart attacks and strokes. Effective, however, it is, on no less an authority than Dr. James Anderson of the University of Kentucky Medical College, who explains that oat bran is soluble fiber, and soluble fiber is especially good for lowering LDL cholesterol, the bad guys in blood vessels. He says that in one experiment, men with high blood cholesterol reduced that cholesterol 20 percent by eating oat bran. He also explains that this type of fiber "smooths out" diabetics' blood-sugar levels and prevents their sharp peaks of vitality and valleys of depression, as well as those nervous feelings between meals.

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Though the horse may have beaten us to the benefits of oats, when it comes to benefits from reading the *Post*, the human can show the horse a thing or two.

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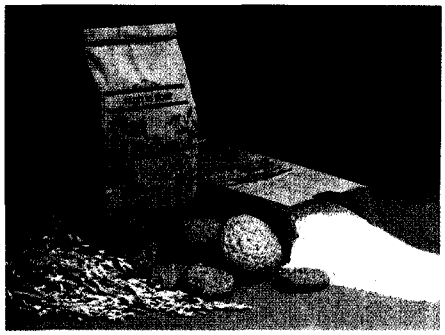
Just between us, if you have a lot of horse sense, you'll take the big savings on the three-year offer.



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No Dogs Allowed

You want your boy to have a dog? Sure. But the only decent place you can find to live has no place for a dog. What do you do now?

by Roderick Lull

Illustrated by Ben Prins

"Look, Joe," pop said. He spoke very slowly and clearly, the way Miss Bush, our fifth-grade teacher, does when she is trying to get something across to a dumb kid. He dropped his paper and shook his head. "I hope I am saying this for the last time, Joe. I like dogs. If it would help, I would have 'Dog's Best Friend' printed on my calling cards. Someday, when and if I am no longer a slave to be sent hither and yon at the whim of the powers that be in the National Machinery Corporation, you will have a dog. But right now, Joe, it looks as if we may get that apartment in the Banner Arms before fall. A dog in the Banner Arms has the same standing as a snowball in Hades. Ergo, no dog. Sorry, Joe."

"That's right," mother said. "We are sorry, Joe—truly. When we settle permanently in one place, you can have all the dogs you want—well, one dog, anyway. In the meantime, we just have to get that Banner Arms apartment. This decayed rattrap is impossible. Your father has to spend most of his leisure time just trying to keep things working after a fashion. As for me——"

"O.K.," I said. "O.K."

It was the old story. I looked at mother, who is small and brown-haired. I looked at pop, who is tall and sort of skinny and very dark. They have a habit of smiling a great deal. But right now neither one was smiling.

"O.K.," I said. "I guess I'll go outside and look at other people's dogs, if nobody minds."

Pop brought his feet down off the stool with a bang. "Joe, I think I'm a reasonably patient man, but——"

"Hold your horses, George," mother said. "Easy does it."

I went outside. It was a nice warm spring day. I heard a dog bark, a long way off. I judged him to be a small-sized dog with a testy nature. When you have studied dogs as much as I have, you know about things like that.

I looked all around. There was no dog in sight, which was good. I felt bad enough now without having to see a dog.

I told myself I should not blame my parents. But the fact remained that the house we were renting wasn't really so bad. It was true that there were termites. It was also true that the plumbing kept getting out of whack and the fuses had a habit of blowing. Then there was that business about the leaks, and the mice in the attic. Mother made an awful lot of unnecessary fuss about the mice—they hardly came downstairs at all, and they couldn't do any harm just playing around among themselves up there. But generally speaking, the house was perfectly comfortable. And it was a house that was just made for a dog.

The trouble was that the owner wouldn't fix anything—if we didn't like it, he said, we could move out and he could rent it 20 times over the next morning. National Machinery, which pop works for as a production expert, had built a big new plant in this little town, and finding a place to live, as pop put it, was like finding an easy route out of Alcatraz.

We'd been lucky to find any place to live. Pop wouldn't build, for we'd probably be here only two or three years. There was but one good apartment house in town, the Banner Arms. Pop had been promised the next vacancy. So, no dog.

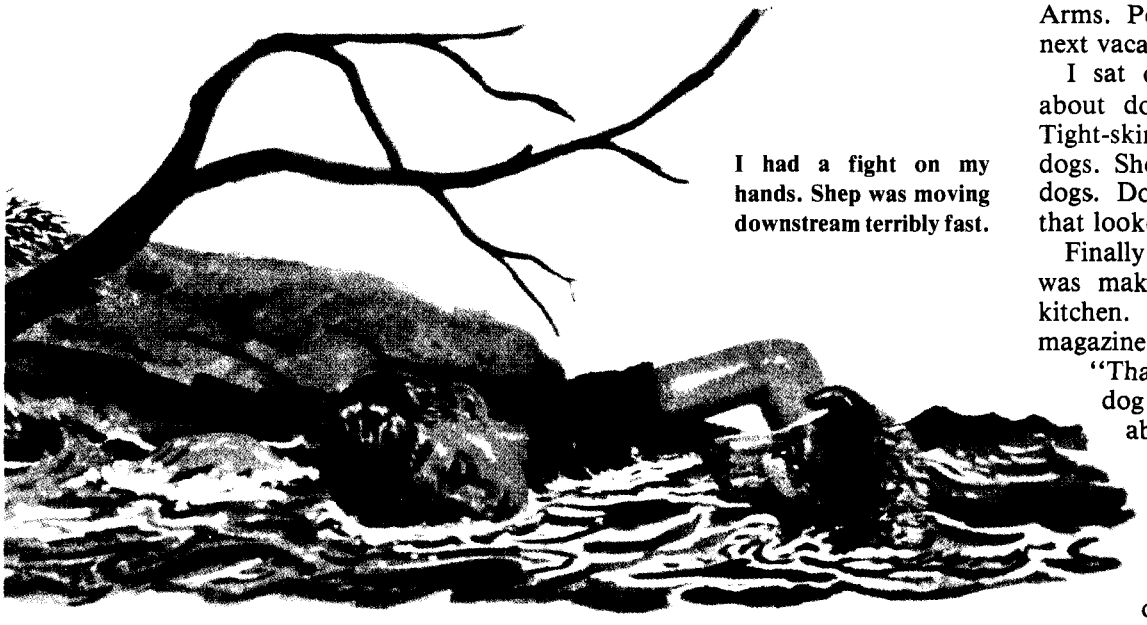
I sat on the stoop and thought about dogs. Big dogs, little dogs. Tight-skinned dogs and loose-skinned dogs. Short-haired dogs and woolly dogs. Dogs that laughed and dogs that looked sad.

Finally I went back inside. Mother was making cooking noises in the kitchen. Pop was starting in on a magazine.

"That sure must have been some dog you had when you were about my age," I said. "That dog you named Shep."

Pop sat up straight. He said, "I thought I told you——"

"I'm not asking for any old dog," I said. "I was just



I had a fight on my hands. Shep was moving downstream terribly fast.

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"O.K.," pop said. "I'll accept your explanation, stupid as it is. Now you can take him back."

hinking about that dog named Shep, ›ecause you told me how good he vas. I remember that picture of him 'ou showed me one time."

Pop's eyes seemed to soften a little. He'd been awful fond of Shep. 'Shep," he said, "was as fine and aithful and intelligent a dog as ever ved. They don't make 'em like Shep ny more. He was the real old-type arm collie. I don't know how long :'s been since I've seen a farm ollie."

"Jack Rutherford's got a collie," I said. "With papers, too."

"Collie! Papers!" pop said. "You mean he's one of those so-called collies they have today, with a muzzle like a greyhound's and hardly enough skull room for a sparrow's brain. You were born too late, Joe."

I said, "You know, I'll bet if we looked around real good we might find one of those old-type farm collies like Shep. He wouldn't cost much, either. We could——"

"Joe!" Pop's eyes turned steely. "That's enough. Period."

"Yes, sir. But I wasn't——"

"George!" mother called. Her voice was high, as it always is when something goes wrong. "The pipe under the sink's leaking again."

Pop said a word. Just one. It is a word that people are not supposed to say. He went into the kitchen.

It was a good strong leak. Pop put a bucket under it, got his pipe wrench, and went to work. Mother began mopping up the water that had flowed across the floor. The leak got stronger. Pop said that word again.

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Mother didn't seem to hear it.

Pop went down to the basement to shut off the water line. Meanwhile, the water flowed over the bucket, and by the time I got it emptied and back in place, the job was too much for just a mop, so we started in with a bunch of towels.

Pop came back from the basement saying bad words of many kinds. He told us there was something wrong with the so-and-so shut-off thing and he couldn't budge it. He called Mr. Mount, the plumber.

Mr. Mount arrived in an hour. We spent the time emptying and replacing buckets and mopping. Mr. Mount had to tear quite a bit of wood out of the wall to get at the seat of the trouble. Maybe, pop said, this would weaken the house so that the whole works would fall in, and he hoped it would. Mr. Mount laughed and took time out to smoke most of a cigar, slowly.

Finally Mr. Mount was done. He said, "That'll hold her. That piece of her, I mean—you strengthen one part of an old beat-up system like this and you never know where she'll let go next. Can't guarantee nothing. You know what I'd do if I lived here?"

Pop did not answer, but that did not discourage Mr. Mount. "Why, I'd get me a shovel and dig me a well in the backyard and carry my water in buckets." Mr. Mount roared with laughter at his joke. He was the only one.

"Very funny," pop said. "What do I owe you?"

Mr. Mount stopped laughing. "Well, let's see. I never soak a guy—honest work for an honest price is my motto. But you called me away from dinner, and I been working like a horse all day. Well, we'll just call it 15 bucks."

Pop paid. Mr. Mount left. I gathered up the torn bits of wood. Mother said dinner wouldn't be fit for the pigs now.

"It has taken me 35 years of living to learn that Elysium and the Banner Arms are one and the same place," pop said.

"Amen," mother said.

I said nothing. I was thinking about dogs. I needed a dog more than I'd ever needed anything. I felt really terrible.

I did a lot of planning. I thought about trying to talk Mr. Bannerman, who owns the Banner Arms, into letting us keep a nice quiet dog that no one would even know was around. But that was hopeless—everybody said Mr. Bannerman was as much against cats and dogs as he was against babies, which was as much as possible.

I thought about finding a nice modern house we could rent, in which everything would go like clockwork. But there wasn't so much as a vacant

"That means that about 5 percent of our applicants will get a loan."

birdhouse in the whole town. I wondered why pop didn't talk to his boss and get himself a permanent location now instead of in a few years. I mentioned this to pop. I did not get anywhere.

Then one day I heard about the litter of pups on the farm outside of town a few miles. I ran into a kid I knew and he had this pup. As soon as I saw that pup I thought of the picture of pop's old-type farm collie, Shep. He had the same kind of head and feet and everything. You could tell just by looking at him he was going to grow up smart as a whip.

The kid told me about this farmer and where he lived. There had been ten pups, he said, and the farmer was giving them away.

This was a Saturday morning. For an hour I just rode around on my bike, going nowhere and back. I told myself I'd be crazy to go out to that farm—it would just make everything worse to see the pups and know they were going free to people who couldn't need a dog as much as I did. Then I started out that way. I couldn't help it.

I came to the farmer's place, and there were two fine big dogs that would be the pups' parents. They were old-type farm collies, like Shep, and no question about it.

I went down the farmer's road, feeling—well, the feeling was so mixed-up I couldn't describe it. I heard little barking and yapping sounds. Just past the gate there was a pen made of chicken wire. Inside the pen were eight pups.

Well, it was something. I pushed my fingers through the wire and they all tried to grab hold at once. I pulled my fingers back, and they all yelled at me to shove them in again. There was one that took my notice special. He was a trifle bigger than the rest, and he had a wonderful thick coat and plenty of voice and nerve. When he took hold of a finger, he took hold and no fooling. And when he looked up at me with his big brown-and-gold eyes, he seemed to be saying that we belonged together and what were we waiting for?

I was having a wonderful time in one way. In another way I was hurting all over.

Back of me, a voice said, "Hello son," and I looked around.

The farmer was a husky, pleasant looking man. I said, "Hello, sir. I hope it's all right to look at your pups."

"Sure," he said. "Want one?"

"Well—" I said, "well, not exactly. That is——"

He laughed. "I see. You've got a problem."

"Yes, sir," I said.

"Well, look all you like," he said. "You can go inside the cage if you're careful not to let any of 'em out. They're heck to catch. And if you want one you can have one. That is, if you can give him a proper home."

He walked away. But I could still hear what he'd said: *If you want one you can have one. If you want one you can have one.* It was like a tune

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it stuck the way a good tune does.

I went inside the cage. All the pups swarmed over me and grabbed at me. But that particular one grabbed harder and held on longer than the others. *He's like pop's old Shep,* I thought. I'd call him Shep. Shep the Second. Pop would like that. Only it was impossible because of the Banner Arms and all.

"Shep," I said. "Hi there, Shep." I sent him sprawling and he came charging right back, growling like a lion.

"No, you don't," I said and sent him sprawling again. But he took quite a bit of my pants pocket with him.

The farmer came back again, and just then I got the idea. There was no sense in it, I admit. But it was an idea.

"Look, mister," I said. "Would it be all right if I sort of borrowed him for a little while? Then, if I have to, I'll bring him back. I'd take awful good care of him."

"Let's have the story, son."

I told it to him, as straight as I could. He said, "You're in a fix, son. Doesn't look to me like you're in the market for a dog."

"I'd just like to borrow him," I said. "I——"

"O.K.," he said. "It's your funeral. Good luck."

It was wonderful riding home with Shep the Second, even though he was just borrowed. I put him inside my shirt and he liked it—he didn't make any trouble, and the little skin he clawed off my chest did no harm. A couple of times things got damp, but that didn't do any harm, either, him being only a puppy and all.

I didn't feel quite so wonderful when I got home. I sat on the back stoop with Shep and wondered what to do.

I heard footsteps in the kitchen. The door opened. Pop said, "Where in God's green world—Joe, where did you get that dog?"

"This is Shep the Second," I said. "And he's a genuine old-type farm collie."

"That was not the question," pop said. "Whose dog is that?"

"Well," I said, "it's kind of mixed up. I mean——"

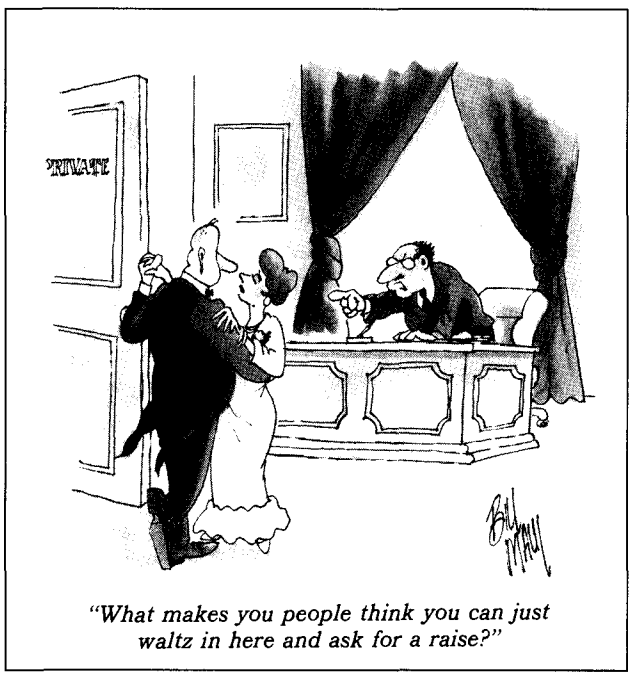
"You'd better start talking, Joe," pop said. "And fast."

So I explained how I'd just borrowed Shep, really, and no harm had been done at all, and how I'd known pop would want to see him because real, genuine old-type farm collies were so rare.

Before I was finished, mother came out too.

"O.K.," pop said. "I'll accept your explanation, stupid as it is. Now you can take him back."

Shep went over and smelled pop's pants. He looked up at pop and gave a friendly little bark. He looked up at mother and did the same thing. Then he sat back on his fat bottom and waved his front paws.



"What makes you people think you can just waltz in here and ask for a raise?"

"I got an idea," I said. "I could keep him here, kind of like a boarder, till we move. Then I could take him back or find a fine home for him. Just till then."

"No," pop said. "No dice."

Shep was licking pop's shoe. Pop bent down and touched his head. "He's a farm collie at that," he said in that low, talking-to-yourself way. Then he straightened up quick. "Get going, Joe."

"Please," I said. "Just till we move. I'll get rid of him then and I won't kick at all. I promise."

Pop looked at mother. Mother made a little gesture with her hands. "Really now, Joe—oh, you decide, George," she said quickly.

"Honest," I said. "Cross my heart and hope to die and everything. Just till we move."

Shep was now working on pop's pants cuff. Pop stooped down and worked him loose. Pop picked him up and bounced him around and Shep laughed, plain as anything.

"I want this to be perfectly clear," pop said. "With no ifs, ands, or buts when the time comes. You may keep this dog—assuming, of course, that you take the full care of him—until our vacancy occurs at the Banner Arms. As of that moment you'll take him back to your farmer or find him a good home. And there'll be no squawk. Agreed?"

"Yes, sir!" I said.

"All right," pop said. "Don't forget it."

• • •

You'd hardly believe how Shep came along. He wasn't hardly any trouble to housebreak at all—even mother admitted that, after making quite an uproar about his few mistakes. And he grew like a shot.

School ended and the long vacation started. I had a dog—the best dog on earth. But time was going by and I had to wonder how I was going to keep my dog.

I don't want anyone to think I was planning to try to go back on the agreement. It wasn't that. It was just—well, it's hard to explain. Anyhow, I was always worried. Especially after I heard what they said that evening when they didn't know I was around.

I'd just come inside with Shep. Pop and mother were in the kitchen. I heard pop say, "I ran into Bannerman today. He can't be positive, but there may be a vacancy in a month. Somebody there is expecting to get a transfer."

Mother said, "I'd gladly give up my hope of heaven for it. This sink, this linoleum, that bathroom—oh, George, moving day will be the happiest day of my life. One of the happiest, anyhow.

Pop laughed. "Glad you qualified it," he said. "We've had some mighty happy days. Well, keep your

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THE SPY WORE RED

Fresh out of "spy school" at age 21, she found herself in wartime Madrid. Her assignment: to uncover Nazi agents at the highest levels of Spanish society.

by Aline, Countess of Romanones

In a crash espionage course at a secret location in the United States, Aline Griffith, a 21-year-old fashion model from Pearl River, New York, had been taught the basic skills of spying, including how to shoot a pistol, pick a safe with a hairpin, and kill a man with a rolled-up newspaper. Now, after three months of training, she was in Madrid to begin her first assignment as an undercover agent.

The taxi bounced through the outskirts of Madrid on a pitted dirt road with scarcely any traffic, passing a spectacular bullring and then streets lined by shabby buildings. A few minutes later we arrived at a tree-lined boulevard where well-dressed children played under the vigilance of governesses in picturesque plaid skirts, fringed woolen shawls, and large globe-shaped gilt earrings.

"La Castellana," the driver announced proudly.

Like Lisbon, the city was almost bereft of autos; a few bicycles, some dilapidated carriages drawn by bony horses—no policemen or traffic signals at all. At one point, the driver sideswiped an approaching taxi, whereupon both drivers rolled down their windows and shouted, *"Idiota!"* Every few blocks we passed a plaza with barren trees and waterless fountains adorned by gigantic statues; bordering the boulevard were granite palaces, their iron-grilled walls enclosing gardens. The peaceful, wide avenue with its surrounding residences had an air of old-fashioned opulence and dignity. According to my watch, we turned into the curved drive of the stately Palace Hotel at 20 minutes to five in the afternoon, December 31, 1943. In the lobby I filled out forms at the reception desk. This was the moment planned in Washington for me to meet, in a seemingly accidental manner, the agent who would assist me "on the outside," Shepardson, my superior, had said.

The dark, lissome beauty moved easily in international society. Her front line was frequently a receiving line or a table at Horcher's restaurant.

As I turned around, a man emerged from behind a marble column, striding toward me exactly according to the predetermined arrangements. The feline gait registered even before the exotic, high-cheekboned face. Top Hat! He was one of our best agents.

At the same moment, something else happened. Behind Top Hat, a good-looking young man was approaching also. Which was my contact? When I dropped my handbag as foreordained, both men darted for it. I looked from one to the other. Then Top Hat, with a polite "excuse me" to the younger man, took my purse and handed it to me.

"The historical way to meet a lady." His words, although the correct code, were pronounced with the affected air of a bad actor. At close range, his features appeared tinged with a slightly sinister cast; maybe it was the gangster's mustache over the seductive smirk of his mouth. He had thick black hair shiny with brilliantine, graceful fingers, extremely white teeth.

"Edmundo Lassalle's my name. Would you do me the honor of joining me for a drink in the bar this evening?"

Now I answered with a previously planned sentence: "How kind of you to invite me."

We exchanged a few more words before I put my hand out to say good-by. Top Hat bowed slightly, kissing my hand, his air still theatrical.

When I reached the elevator I was surprised to find the same handsome young man awaiting me with my two suitcases in his hands. His presence as we ascended made me nervous, and I was relieved when the door of my room closed behind me.

I looked around. The oak flooring was only partly covered by a tattered red carpet, yet the apartment was spacious, high-ceilinged, with mahogany scroll-worked furnishings and armoires instead of closets. I plumped

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the long round bolster on the bed—hard as a rock. Next I went to the windows and parted the heavy red velour, then the lace curtains. In front, an imposing edifice with two carved stone lions adorning the wide steps; over the entrance was inscribed "Las Cortes"—the Spanish Parliament, no less.

One taxi beetled around the plaza to my right, where a statue of Neptune decorated another dry fountain; a yellow trolley rattled by. On the sidewalk below, an old man waved pieces of paper. *"Lotería,"* he squawked in a rasping voice. Lottery and all, the city possessed a slow, pacific rhythm, light-years away from the commotion of Manhattan.

• • •

At nine-thirty I walked into the Palace Bar. Edmundo Lassalle raised my hand to his lips while bestowing a stunning smile. Once we were seated he asked, "What will you have? Here everybody takes dry sherry or a gin fizz."

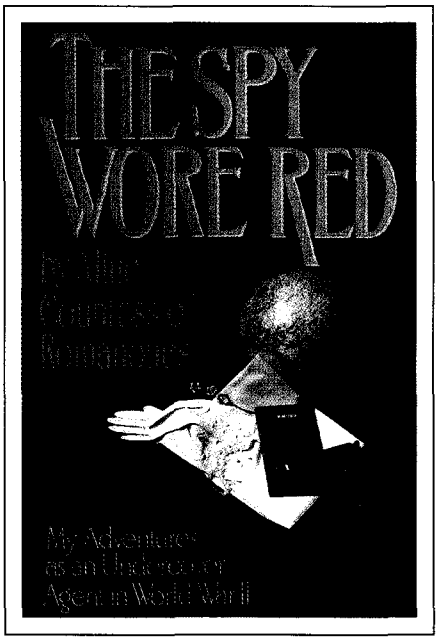
"I don't drink."

"Divina," he purred. "Better for your work, my dear." His smile still embraced me.

"Do you have any idea who that good-looking young man was in the lobby this afternoon?" I inquired.

He shrugged. "Just an admirer, I presume. Your entry caused quite a sensation."

I looked at him doubtfully. "Do you know, he took my bags up to my room, and when I offered him a tip, he wouldn't accept. He spoke perfect



English. I suppose he could just as well be German?"

"Don't worry about it. You're new. You will be under observation for a while."

"Since we will be working together, don't you think I should know what your cover is?"

"My cover is that I am a Mexican." I tried not to laugh. What else could he have been? "The representative of Walt Disney in Spain. This gives me the possibility of appearing neutral and enables me to see people of both sides. The plan is to take you to a reception given by the Marquesa of Torrejón, where you'll meet Spaniards—foreign ambassadors, a few enemy spies, also many rich, beautiful women from other countries. Only women with influence today can obtain exit permits from the countries at war. Madrid is considered the paradise of Europe right now. This will be the ideal opportunity to introduce you to the social world of the city."

A short plump man accompanied by a blonde woman stopped at the table to speak to Edmundo. My companion stood up, mumbling a few words to the man, and quickly sat down again. "A friend of mine from the secret police. Couldn't introduce you because he's with his mistress. Mistresses and respectable women have no contact here," he explained.

I took another look at the lady, wondering how I would ever distinguish the difference.

"My dear, you're going to adore this city," he went on. "Everyone here is worth taking note of. Over there," he indicated with a nod, "are the Italians. Next to them, the Germans. Just behind, Rumanians, Poles, and Bulgarians. The Japanese stay in that corner."

"Are some enemy spies?" I asked.

"Some?" He laughed. "They're *all* spies. Not a reliable person in the place."

"Does that include you?" I smiled.

"Absolutely not." Again a flash of teeth. Something about the sly smirk, his patois, the squeaky giggle, made me feel he was as shady as anyone he had pointed out.

"Who is the Marquesa of Torrejón?"

"She is the most popular social leader, and her gatherings the spiciest. I hope you have a wardrobe to meet the demands of Madrid's social life. If not, I recommend a visit to Balenciaga. Women in Madrid are especially chic, but Ambassador Hayes' wife is, frankly, dowdy, while the German ambassador's wife has a flair that makes her most popular. The majority of Spaniards are pro-Allies, politically. But, darling, much as I love the Americans—and work for them—their social graces don't hold a candle to the Europeans'." His eyes darted from one end of the room to the other. Each newcomer was closely appraised, but Top Hat's glib conversation never stopped.

"The partridge shoots are very grand. The banquet tables are set up out in the field with silver and crystal,

About the Author

Aline, countess of Romanones, is a well-known figure in international society. From 1944 to 1947, she worked as an undercover agent in Europe for the newly formed Office of Strategic Services (OSS), the forerunner of the Central Intelligence Agency. Her first mission as Agent 527, code name "Tiger," was to infiltrate Madrid society and identify Nazi collaborators. Her efforts helped ensure the secrecy of "Operation Anvil," the invasion of southern France. She continued as an espionage agent in Europe until 1947, when she married the Spanish nobleman Luis Figueroa y Perez de Gùzman el Bueno. Her book, The Spy Wore Red, *published this year by Random House, chronicles her early adventures as an intelligence agent.*

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served by white-gloved men in livery. When the shooting season ends, carnival begins, with the masked balls and parties. The whole city used to go masked in the streets, but Franco put an end to that. A pity. It would have been so useful for our business. I love disguises, don't you?"

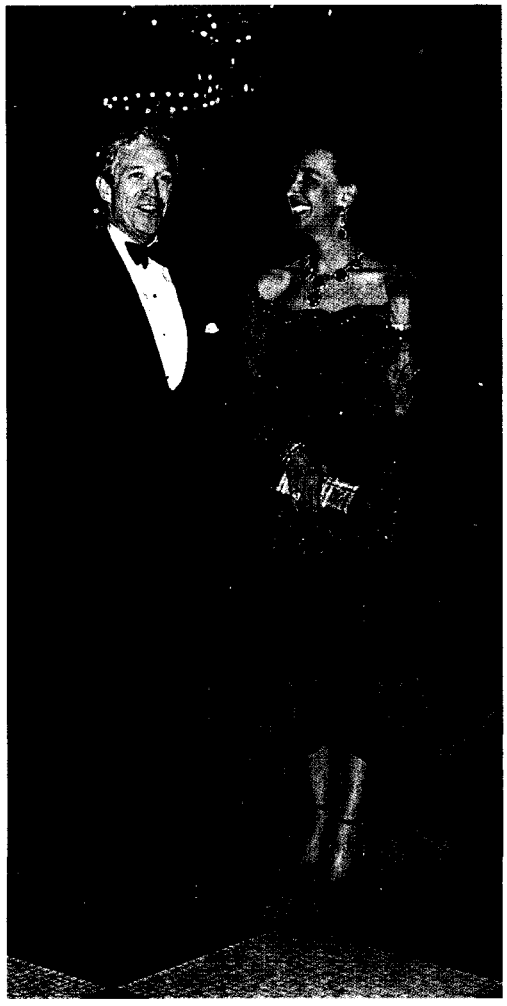
He crunched a potato chip as he spoke, seldom waiting for me to respond. His foreign accent made everything he said sound alluring. "Lent is a letdown. They play a lot of cards in their chilly palaces. You know, there is a lack of coal. That's why most of Balenciaga's dresses are of wool and with long sleeves. During Lent the ladies have tea and say the rosary a lot; the men gamble and brag about their *conquistas,* their seductions. Franco outlawed public casinos. Probably a good thing. Spaniards are natural-born gamblers. Betting is permitted at the jai-alai court on Calle Hermosilla. You've got to see with what speed the bookies take the bets and then stuff their betting slips into slit tennis balls and toss them up to the stands. Jai alai is the fastest ball game in the world, you know. The players are usually Basque. With any luck, Lent will be pepped up by some romantic scandal. There is no divorce, and adultery is an inevitable game."

Edmundo arose again, this time to bow to a particularly attractive woman who proceeded to the table behind us. "The *guapísima* Marquesa of Córdoba," he muttered to me as he sat down. But even she had not distracted him from his determination to inform me totally about life in Spain. He continued his diatribe more or less where he had left off.

"The grandees rarely go to their country estates, although they possess enormous properties. The ration of petrol is 30 liters a month, so most travel by train when they are obliged to make a visit to their farms and ranches. But they all prefer the gaiety of the capital to the country—unless there is a shoot, of course. Rural life in Spain is hard. No electricity, no plumbing, no heating, not even decent roads. The civil war didn't help that situation, either."

Edmundo gesticulated frequently with his graceful fingers. Often his voice rose in a squeaky crescendo at the end of a sentence. I couldn't make out yet what kind of person my new colleague was, but he was bizarre.

"A formal dinner invitation reads ten-thirty, but you may not get served until an hour later. But then the Gypsies for the entertainment don't arrive until two, so why begin earlier? Anyhow, no one awakes at dawn. And remember, it's bad manners to telephone a lady before noon."



Aline's tale of intrigue has two happy endings: the exposing of one of Himmler's agents and her marriage to a wealthy Spanish nobleman.

He asked for another gin fizz.

"After Lent and Holy Week comes the fair in Sevilla in April. What magnificent carriages and horses—the harnesses are always decorated with pompons and bells! The sound of castanets and dancing in the streets night and day for one whole week! And, my dear, Spaniards are really democratic people. The *most.* The Gypsies, the poor, the rich, the grandees, the shepherds, and the cowherders all dance and drink together whenever they are celebrating a holiday. They are proud and individualistic. No inclination for regimentation, like the Germans. They envy each other but would die for a friend. Hate to obey the laws and are completely ungovernable. They enjoy especially complaining about their government, whatever it might be—monarchy, republic, democracy, and they've had them all."

He ceased talking for a second while he searched his pockets for another pack of cigarettes. "Really, Aline, you will have to make me a gift of some of those cartons you have available in the office to help make friends. These black Spanish cigarillos smell terrible." He waved to a waiter, gesturing expressively with his hand to his mouth to indicate what he wanted, and then turned his attention again to me.

"May is the month of the Fair of San Isidro, patron saint of Madrid. Bullfights for 17 days straight. Then when June rolls around, the wives and children are packed off to the north. The husbands stay here, presumably to work, but the order of the day is to play—with their girlfriends, of course. The weather in Madrid is dry and hot but never unbearable in the summer."

The waiter appeared with an assortment of cigarettes and cigars. The transaction absorbed the attention of my colleague for a full five minutes. At last he seemed satisfied and returned to his self-imposed task of making me the best-informed newcomer in Madrid.

"There will be a smattering of Axis and Spanish personalities at the marquesa's. Concentrate on the women, the only way to get invited inside a Spanish home. The idea that Spanish women are submissive is ridiculous." He pulled a gold chain and watch out of his vest pocket. "You must be starved. We have a reservation at Edelweiss."

"A German restaurant?"

"Yes. To see more of the enemy. Edelweiss is the favorite of German diplomats and sympathizers."

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A crowd was waiting inside the door, but Edmundo and I were led to a table immediately. The room was unpretentious, overcrowded, and buzzing with voices. I watched the waiter fluttering around Edmundo. If he's on the payroll, he's overdoing it, I thought. "Would Señor Lassalle care for some pickled herring just flown in from Berlin? Tonight we have Wiener schnitzel or venison." I felt like laughing. Here I was already feasting on provisions from the enemy's capital.

Edmundo lit a long, thin cigarette. "You must understand the quality and pace of the world you are entering. Right now we are in the shooting season. Partridge and wild boar, my dear. You rarely get anything else when you dine at the home of an aristocrat. Especially at the dinners given by one of the grandees who are the cream of the nobility. They live in splendor, but they certainly don't squander. Not one peseta! They shoot four days a week and eat the fruit of their efforts seven. Work is always secondary to enjoying life in this country. That goes for all levels of society."

He abruptly ceased speaking. Then he said, "Look at the tall blond fellow in the corner to your left."

Casually I glanced. All I could see was the profile of a young man with a scar near his left eye and his arm in a sling. Questioningly I looked back at Top Hat.

"Constantin von Weiderstock, a favorite disciple of Admiral Wilhelm Canaris, who controls the Abwehr. You should be aware that a power struggle rages now in Berlin between Himmler and this young fellow's boss, who also happens to be his godfather. Himmler wants to get rid of Admiral Canaris and absorb the Abwehr, the best espionage service in the world today, and meld it into the Gestapo, which is under his command. He is trying to convince Hitler that Franco has not joined them in the war because Admiral Canaris, who is a friend of Spain's dictator, advises Franco not to."

I had heard part of this before, of course, and he must have sensed it. He looked at his watch. "Almost midnight. We must run to catch the New Year across the street in the *Teatro de la Zarzuela*. The stars, Lola Flores and Manolo Caracol, are friends, and quite useful—also the best flamenco artists in Madrid."

As we entered, on the stage a beautiful Gypsy girl with long, abundant curly black hair, enormous eyes, and a curvaceous body was stamping her feet and snapping her fingers to eerie, contagious music played by two guitarists. A man, thickset, in a black wide-brimmed hat, tight black pants, and a red silk shirt, was singing *"La Niña de Fuego"*—"The Girl of Fire."

She moved, wildly, lustily, her frenzy growing with the crescendo of the rhythm. When the song came to an end, the curtain rolled down to tremendous applause, but no one moved. It was about ten minutes to 12. Ushers hurriedly passed tiny baskets of yellow grapes down the long rows. On the stage, each artist was holding a similar basket. The audience concentrated on a huge clock onstage. Then a loud, solemn gong began to mark slow booms. Each head bent. The artists gobbled their grapes, the audience did the same. All around me I heard their sputterings, chokings—Top Hat too was frantically consumed in the effort, swallowing even skins and pits before the last stroke. When it did come, the theater echoed with screaming and laughing.

Edmundo turned to me and planted damp kisses on both my cheeks.

"Feliz año nuevo, Aline—Happy New Year." Then he looked down at my half-filled basket. "You didn't finish your 12 grapes. That's a bad omen for your 1944," he added. In all seriousness.

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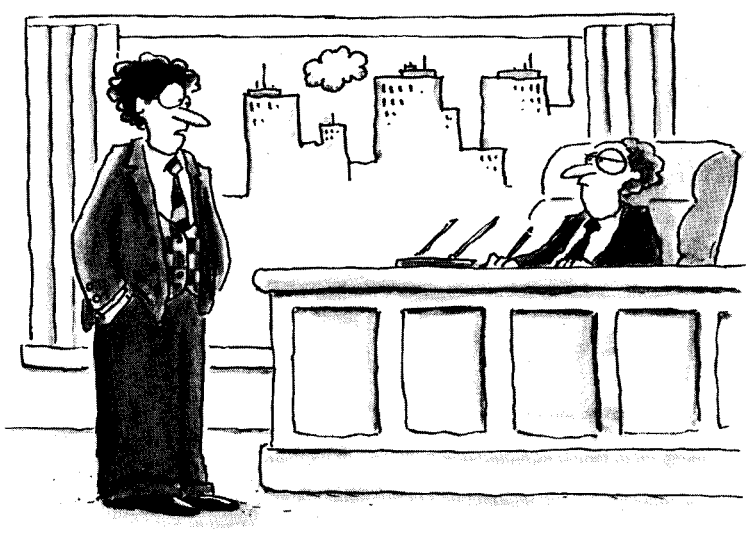
CORPORATE CONFUSION

"But when you made me field sales manager, I had no idea. . . ."



"I know you just hired me, but would you mind if I took a few weeks off? This whole adulthood thing isn't agreeing with me very well at all!"

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AIDS

A TIME FOR FORGIVENESS

Sisters of Forgiveness—Together Against AIDS—crusade to create a guaranteed AIDS-free blood supply.

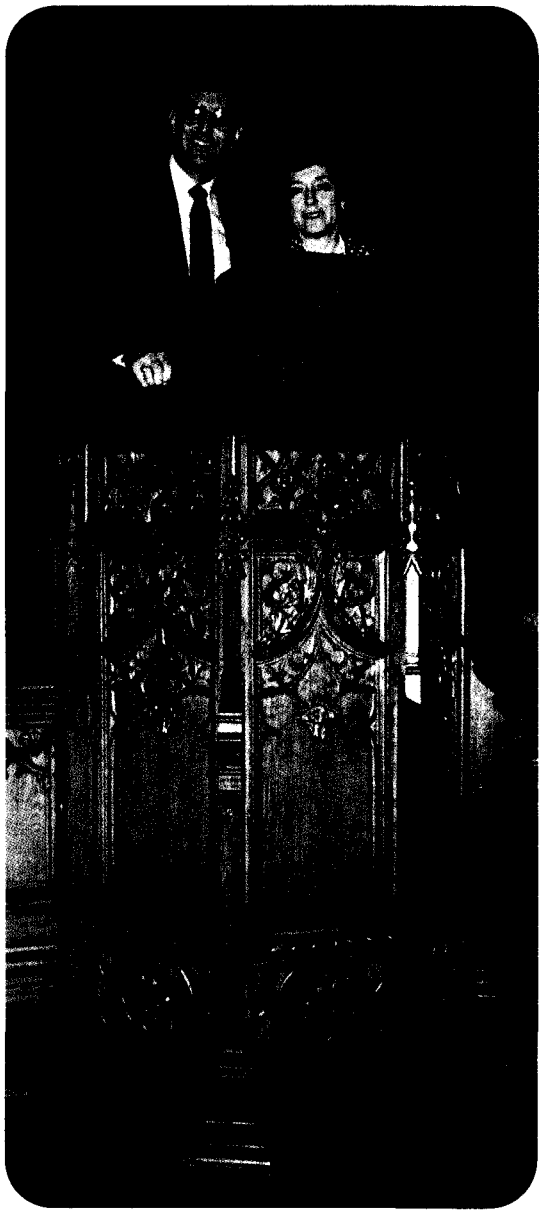
by Cory SerVaas, M.D.

When Candy Lightner's beautiful 13-year-old daughter was killed in a drunk-driver accident, Candy started an organization called Mothers Against Drunk Driving (MADD). The nationwide organization that grew from her grief crusaded and educated young people everywhere about the dangers of driving while drunk. It brought grief-stricken women together to share their sorrow and expend their emotions constructively by helping spare others such tragedies.

A similar group of bereaved women are now sharing their losses and forming a support group called Sisters of Forgiveness—Together Against AIDS (SOFT AIDS). They cry together, pray together, write to each other, and speak out in churches about forgiving and about donating safe blood so that never again will a hospital patient contract AIDS from a transfusion.

The SOFT AIDS are inspired by the likes of Deborah Loeb of Battle Ground, Indiana. You read about her in last month's *Post*—how she speaks out about AIDS prevention and how friends became closer when they learned her husband had AIDS after having a blood transfusion. Long before her husband died, the Loebs had forgiven the donor and helped raise money for the hospital that had the misfortune of administering the AIDS-infected blood.

Like Deborah, Nell Gann has forgiven her husband's AIDS donor (September '87 *Post*) and prays to help others. We brought Nell, whose husband, Paul, suffers from AIDS, to San Francisco for a meeting with Deborah Loeb. The "sisters" shared their deepest emotions about a common enemy, AIDS.



This impressive pulpit in Holland, Michigan, was a gift from President Lincoln's son, Robert. The church, founded in 1867 by Albertus Van Raalte, was installing Cousin Ervin Roorda as its 15th minister. He shared his pulpit for the congregation to hear about women, AIDS, and the need for a guaranteed AIDS-free blood supply.

Then there's the inspiration of Betty M., who first called the *Post* in tears upon learning that her son was very ill with AIDS . . . . Was there any hope? Was there any new treatment about to be released? Why hadn't his lover told her sooner? When her son died, Betty was bitter about his lover, who, in her mind, had caused her son's downfall. Like Deborah, she forgave, stopped hating, and went forward to be sure that her son's death was not in vain. Now she counsels mothers of gays wherever she can find them.

Betty has become an expert on the subject of the AIDS virus: she donates blood; she goes to schools and churches to talk about the need for monogamous couples to give blood; she explains autologous (pre-donate your own) blood transfusions and directed donations (example: when a brother, husband, or other family member donates for a woman requiring blood for a Caesarean section). Like Deborah she wants to prevent anyone from dying of a blood transfusion, so she warns people everywhere not to go near a blood bank to donate blood if there is any possibility they might be harboring the AIDS virus. She educates whole congregations about the "false negative" window in the blood bank screening process. She explains that we are still waiting for an "antigen" test that will, when combined with the antibody test, make blood banks better able to screen out all *early* AIDS infections.

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AIDS Prevention Goes to Church

SOFT AIDS are so busy they haven't time for anger, a most destructive emotion. They've forgiven.

Do you remember the Ann Landers column that said, "Hate is like acid. It can damage the vessels in which it is stored as well as destroy the object on which it is poured"?

It is a time for forgiveness in our whole country, and as I thought of the mighty nucleus SOFT AIDS could become with its message of forgiveness, a strange coincidence happened. It was like an answer to a prayer.

Our family had gone to Holland, Michigan, to see our cousin the Rev. Ervin Roorda be installed at the Third Reformed Church there. The coincidence was that while I was writing about the Sisters of Forgiveness, his sermon, to my surprise, was on "Forgiveness." Every member of SOFT AIDS should hear it or read it.

With eloquence, he dramatized the forgiveness story of Corrie ten Boom:

"She lived in Amsterdam during World War II, where her family owned a watchmaker's shop. When the Nazis occupied the Netherlands, her family began to assist the Jews, who were being rounded up and sent to death camps.

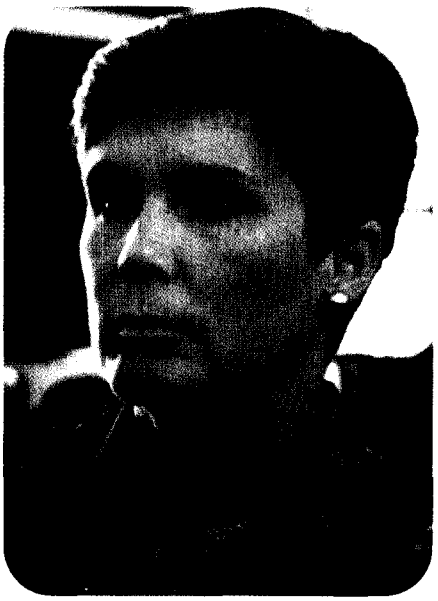
"Eventually someone betrayed the family, and the ten Booms were also sent off to a concentration camp. Corrie and her sister, Betsy, found themselves in the infamous Ravensbrück camp.

"Only Corrie survived the ordeal. After the war she traveled around Europe, speaking on the themes of forgiveness and reconciliation.

"After one particular talk in Munich, a man came forward to thank her for her address. Corrie couldn't believe her eyes. He was one of the Nazi guards who used to stand duty in the women's shower room at Ravensbrück.

"The man reached out to shake Corrie's hand. Corrie froze, unable to take his hand. The horror of the camp and the brutal death of her sister leaped back into her memory. She was filled with resentment and deep hatred.

"Corrie couldn't believe her own response. She had just given a moving talk on forgiveness, and now she herself couldn't forgive this man. She was emotionally blocked, physically paralyzed, unable to shake the former guard's hand.



Refreshingly candid and compassionate Deborah Loeb keeps a vow to her deceased husband to fight AIDS.

Nell Gann has forgiven her husband's AIDS donor; she finds she must pray each day to keep forgiving as she watches her husband suffer. She cried with Deborah Loeb as the two women shared their bereavement.

"That experience was not unique to Corrie ten Boom. Many of us find it very hard to forgive someone else—especially a person who has maliciously or intentionally hurt us.

"Our emotions may be so scarred that it seems superhuman to be able to forgive.

"Let me go back to Corrie's story. As she stood there, frozen, immobile, she began to pray silently: 'Jesus, I cannot forgive this man. Give me your forgiveness.'

"At that moment, she said, her hand, as if empowered by another source, took the guard's right hand in true forgiveness. At that moment she discovered a great truth.

"It is not on 'our' forgiveness that healing in our world hinges, but on 'His.' When Jesus commands us to love our enemies, and to forgive those who have offended us, He also gives us the grace we will need to forgive them."

When cousin Erv finished his sermon, he graciously invited me to share the pulpit with him for a few minutes to talk about AIDS and the need for monogamous blood donors.

You couldn't find a better town in America to find monogamous couples by the thousands, and Erv agreed this was fertile territory. The talk yielded two blood-transfusion recipients who volunteered for the free and confidential AIDS test in the AIDS MOBILE that had brought us to Holland. (We had, with not a little daring, parked it right outside in the parish parking lot of this venerable church.) Our volunteers pledged to donate blood if they were AIDS antibody negative.

Before the worship service, we had been introduced to Norma Killilea, who told us she had tested 109 persons in the Ottawa County (Holland, Michigan) environs and had found 5 antibody-positive individuals. She also said that they had turned away 50 people because of limited funding. These 50 people didn't seem to have enough risk factors to warrant spending government money for testing them.

We urged the good Reverend Roorda to let us leave enough free test kits in the church offices to take care of

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the 50 people if they wanted to come to the church to pick them up. He readily agreed.

We believe that the test should be available for all those who believe they need one.

Circa 1937

As we ponder the enormity of the AIDS plague of our country, we could well look at a very similar medical catastrophe our country suffered exactly 50 years ago. It was in this very city—Holland, Michigan—that the famous Dr. Paul de Kruif cleverly mobilized scientists and the public to strike out against syphilis. He knew that we needed to test the population and that we needed a referendum or poll of all the citizens in order to prove they did indeed want to be tested.

Dr. de Kruif's story makes our AIDS disaster resemble dejà vu. His account of a syphilis referendum and dragnet screening appeared in the November 1937 *Ladies' Home Journal.* He wrote about it, but he had also caused it to happen by getting into the laboratories, working with public-health officials, and badgering those who made the rules in the city halls. If you read it, you will marvel about how history has repeated itself—and how our health officers then responded in much the same manner they have today to our AIDS dilemma.

Another Paul de Kruif is needed today!

Dr. de Kruif was more than an activist with his pen. At the age of 25, when most scientists are considered unweaned, de Kruif had become the youngest assistant professor at the University of Michigan, in whose medical school he taught bacteriology. At 26, he had achieved his doctorate in bacteriology. As a bacteriology associate at the Rockefeller Institute for Medical Research, he had performed a major investigation that still stands at the scientific frontier in its field.

There it was that this creative, unconventional young genius wrote *Our Medicine Men,* a book whose characters were thinly disguised portraits of some of his colleagues at the institute. Obviously he would have to be fired —"exiled from science," as he himself phrased it.

To soften the blow, de Kruif's boss offered to get him a research job elsewhere if he promised to behave and utter no more Indian war cries. Young de Kruif thanked his chief, and he firmly declined the offer, saying he never expected to behave—in that way, at least—"until he was six feet under."

The loss to medical research became a gain for truth and for the right of every American to receive the best of medical care. The healthy and hearty Dutch extrovert, whose 230 pounds exuded a bursting energy, was a familiar figure in his hometown of Holland, Michigan, tramping the shores of his beloved Lake Michigan with his wife and their huge Great Dane. Here he penned his attacks against disease and death, both of which he considered his personal enemies. Syphilis was to become his public enemy No. 1.

He wrote that among 33,000 persons in six Southern states, one out of every five was syphilitic. In Macon County, Alabama, where poverty was most exquisite, four out of ten were found infected; one adolescent out of every three, one young adult out of every two.

* * *

Fifty years ago Surgeon General Thomas Parran did for the word "syphilis" what our Surgeon General Koop is doing for "condoms." We want you to read Paul de Kruif's words as they appeared in 1937:

"Dr. O. C. Wenger [a syphilis specialist with the U.S. Public Health Service] obtained permission to sweep a whole Southern county with his blood-test dragnet [a 1930s-style "Syphilis Mobile"].

"Churches, schools were their clinics, and, failing these, the tests were taken at the ends of cotton rows under the hot sky. The money for this testing was furnished by [a private foundation].

FREE BLOOD TEST BY GOVERNMENT DOCTORS AND FREE ICE WATER

"This sign on their auto lured the rural people. On Sundays, to get them en masse, Wenger and his crew invaded Southern churches; in the middle of the sacred service asked the pastor to step down from his pulpit; had the leader of the flock roll up his sleeve first of all; then gentlemen, ladies, and children; then thanks very much, good-by, and go on with your sermon.

"This way, here for the first time in our history, were facts, not figures. And this fact was that one man,

Dr. Paul de Kruif of Holland, Michigan, helped toll the death knell for the syphilis epidemic exactly 50 years ago. "We must get the facts out to the public," de Kruif said. He thus brought the disease out of the laboratories and libraries, out from behind the hush-hush facades and into the hearts and minds of millions of people. He died at 80. Today, Rich DeVos (opposite page), another Dutchman who inhabits Holland and the Lake Michigan area, is asking probing questions about another sexually transmitted plague.

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woman, child, out of every four, was infected with syphilis. Here was, without question, a menace more formidable than malaria, hookworm, or pellagra.

"So now, in six counties in six Southern states, in 1930-31, the health officers of the counties, a few nurses, a few volunteer doctors dragged a giant seine to search the. . .populations for syphilis.

"The results were terrible and terribly hopeful.

"[The] facts blew all the old statistics—mere figures—to smithereens. In 1926, a one-day census had been taken by the American Social Hygiene Association, among doctors; it looked impressive because it represented almost 25 million of our population. The doctors were asked how many patients they had—as of this one day—under treatment or observation for syphilis. Only four out of every thousand for whites, only seven out of every thousand for blacks; that was the alleged prevalence.

"Not too alarming. But now here were the facts from Dr. Wenger's blood-test dragnet: two hundred in every thousand, for [blacks]: *twenty-five times the syphilis reported by the doctors!*

"But what would a mass blood test show for whites? Would it be that awful? What would be the facts? Nobody knew. Would you find any syphilis among the so-called 'better class'? No? Well—there was this embarrassing bit of news: when the blood test was applied to candidates for West Point, these boys—cream of our young manhood—were found infected, *one out of 20!*"

"Nowhere in our land had syphilis been fought as a contagious sickness, like TB or smallpox. There had been sermons against it, yes, but not the blood tests to find it. . . .Vast sums spent, yes; for asylums, blind schools, jails, poorhouses its late consequences helped to fill. But when real fighting money was begged for, to blood-test, to treat early dangerous cases, to follow up these human menaces, to spot all imperiled, to let our health men know how many and where——

"Then came Surgeon General Parran, adventuring. He dared to speak from his high position as generalissimo of our nation's health men. Writing in. . .a popular magazine what was before mumbled only in halls of science, he courted disgrace because what he sought to fight was itself so disgraceful, so unmentionably shameful. He found this fact: *that the mass of America's people are not stupid if only you do not act as if you so regard them.*

"Parran now said, to millions, let's call it *syphilis* and let's get rid of it. . . .Upon the secret sneakings of the [syphilis] spirochete he turned a bright, clean beam of universal knowledge.

"Chicago was the first of all the cities of America really to take up Surgeon General Parran's challenge. In June 1937, that city—where anything may happen, and usually does—launched the most formidable people's fight for the people's life that has ever been attempted by any American community against any sickness whatsoever.

"This fight against the syphilis of America's second city began in a most fantastic manner—in a little hillbilly town in Arkansas in the foothills of the Ozarks. To this town, one evening in June, Dr. O. C. Wenger had gone, to meet the doctors of the county medical society, to ask them whether they, in their practices, would take a syphilis blood test, routinely, on every last one of their patients, no matter what their sickness. He wanted to make it the first county dragnet in history.

"The leading doctor of the county demurred. He said they'd do it, but they mustn't tell their patients for what their blood was being taken. 'Otherwise my class of patients wouldn't stand for it! It would ruin my practice!'

"A laywoman—with deep, true, human insight—was present, and she now spoke up in meeting. What would happen, this woman asked the doctor, if the people, all the people of his county, were asked, by referendum, whether they would be willing to have a free blood test, for syphilis, taken in strict confidence by their own doctor? That innocent little question—outlandishly—was the beginning of Chicago's present great syphilis fight. For Wenger, hearing this remark, blazed into action, forgot about the Arkansas county, [and] said, 'We'll put that question before the people of Chicago!'

"Within forty-eight hours Wenger

Richard DeVos, a member of the Presidential Commission on the HIV Epidemic, is as powerful a communicator as was his Holland, Michigan, predecessor, Dr. Paul de Kruif. After lengthy AIDS commission hearings in the nation's capital, DeVos asked the incisive question, "Why is it that with all this knowledge and expertise, the American people aren't buying it?" and the Washington press corps descended upon him. The Wall Street Journal *said: "Amway Corp. chief Richard DeVos has described succinctly the issue of public skepticism about AIDS. Federal officials suffer from a 'credibility gap' among people 'outside the Beltway.'"*

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took this audacious proposition to Chicago. It was a challenge never before faced by any health man in the country.

"The result of it is now death-fighting history in the making. This fantastic referendum was sponsored by the U.S. Public Health Service, the Illinois State Department of Health, and the Chicago Board of Health.

IN STRICT CONFIDENCE AND AT NO EXPENSE TO YOU, WOULD YOU LIKE TO BE GIVEN BY YOUR OWN PHYSICIAN, A BLOOD TEST FOR SYPHILIS?
YES _____ NO _____
(PLEASE CHECK ONE.)

"This ballot was mailed to over half a million of the property owners of Chicago. The WPA [Works Progress Administration] transformed itself into an emergency death-fighting organization and furnished an army of clerks, expert statisticians and the millions of envelopes that were needed. The U.S. Post Office Department franked the envelopes sent to voters and to be returned by them.

"The replies rolled in by scores of thousands, in a percentage extraordinarily high for such a questionnaire sent through the mails. The sentiment expressed was an overwhelming:

" 'Yes, we will be willing to take such a blood test.'

"That is Chicago's thumping reply, in a proportion of 30 to 1 of those voting!

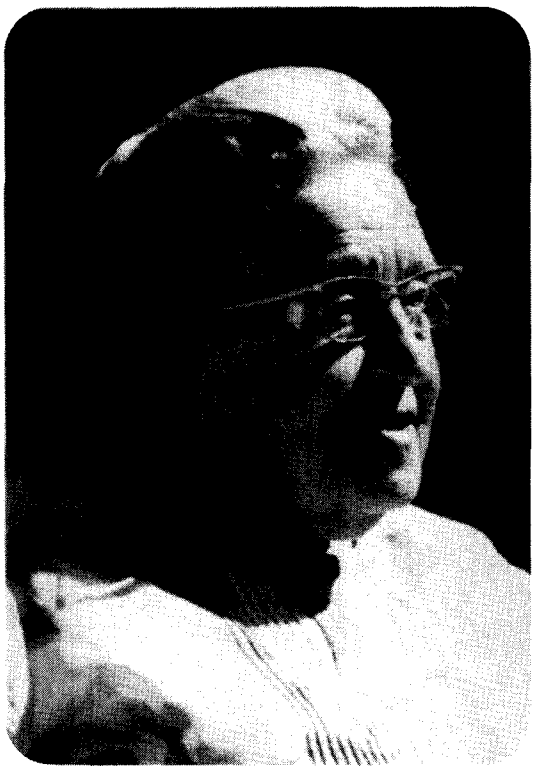
"And the 'no's,' when analyzed, are in a great majority explained by the voters in writing on their ballots. They have just had a blood test. Or they are so old they don't need one. Or they have syphilis and are now under treatment by their doctors.

"Only a few 'no's' are genuine ones. Some people protest that this should be a private matter between themselves and their physician. The real number who say, 'Yes, we'll take this test,' is close to 95 out of 100.

"This is the voice of Chicago's people, 3,500,000 strong. There is no doubt they are back of their health men, their doctors, in this great effort to find hidden syphilis. They want to begin the working of Wenger's blood-test dragnet. They want to put Chicago's population through a giant, syphilis-finding sieve.

"The voice of Chicago's physicians is no less certain. The Council of the Chicago Medical Society has unanimously voted that it is in favor of making Chicago's doctors public-health men. The doctors are going to be volunteer front-line fighters. They are going to test the blood of Chicago's people.

"At this moment plans are under way for Chicago's physicians, led by U.S. Public Health Service scientists and by experts from the city and state health departments, to begin the operation of this city-wide dragnet. It will be in full swing as you read this. But before you offer the blood test to 3,500,000 people, free, before you get the blood, you have got to get the money. And this is already recognized by Chicago's city fathers. Her mayor and councilmen have already budgeted the first $50,000 for this undertaking."



Corrie ten Boom's lessons on forgiveness are needed today as suffering AIDS-affected persons find it difficult not to hate the person who gave them AIDS or even the government they perceive as not doing enough. Her book, The Hiding Place, *helped heal wounds after World War II.*

Ferreting out the syphilitics would prove to be a money-saving move. Syphilis was costing the city of Chicago many millions of dollars to keep the victims in hospitals, jails, and all the other institutions to maintain them and their families on welfare lists and relief rolls.

"Early contagious syphilis," Dr. Wenger stated, "is a fire. Millions of our citizens cannot pay for the blood tests or the needed treatment that will make them no longer dangerous to others. And what would be sillier, if you want to save *your* community, than only to put out fires in houses occupied by individuals who can pay for the fire department to come?"

Wenger's words could just as well have been applied to our present predicament. As we said, much of this dramatic story was inspired by the gifted pen of Dr. Paul de Kruif, who was able to bring the fight against disease out of the cloistered laboratories and musty libraries, out from behind the hush-hush facades, and into the hearts and minds of millions of people. If you would like to receive the unabridged article by Paul de Kruif as it appeared in the November 1937 *Ladies' Home Journal*, please write to the Society for a copy.

Circa 1987

There is another Dutch fellow who inhabits Holland, Michigan, and enjoys Lake Michigan and who is just as incisive in pointing a finger at our AIDS problem as Paul de Kruif was 50 years ago about syphilis.

He isn't a writer, but he's a communicator as powerful as de Kruif ever was. After listening silently for several days of briefing on AIDS, at the conclusion of the presidential AIDS commission briefing last week, Rich DeVos asked one simple question, and the entire press corps converged upon him as the meeting adjourned. The *Wall Street Journal* reported:

"Amway Corp. chief Richard DeVos has described succinctly the issue of public skepticism about AIDS. Federal officials suffer from a 'credibility gap' among people 'outside the Beltway,' he told reporters.

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'Why is it that with all this knowledge and expertise, the American people aren't buying it?' "

We are attempting to persuade the great communicator Rich DeVos to put an AIDS questionnaire out to all of his legions of Amway distributors to ask them what *they* think should be done.

Your Society is going to the Magazine Publishers Association to solicit its help in persuading all magazine publishers to insert a questionnaire to poll their readers. Magazine publishers know a good deal about their readers because advertisers want to have the facts about the people they choose to receive their message. They pay a lot of money to reach certain people with certain habits. Magazine readers' responses would also tell scientifically-oriented poll takers and analyzers a great deal about the "cohort" from which the answers came.

From a wide variety of magazine readers, we could learn a great deal about the "sticky wicket" decisions looming ever large before us.

Delayed actions are deadly. There is no more time for waffling or "wimpy" back-pedaling or avoiding decisions. It is a time for learning the true extent of the AIDS epidemic.

The public can handle the truth!

Controversial issues make decisions painful, but they must be made. Every day we wait, we are letting more people become infected. The decisions must be made with the medical truths and by an informed public.

We must look at the overall welfare when we examine the legislation being proposed in every state, in our Congress, and for better or for worse we must make choices, bite the bullet, and take action as a nation at war.

We have listed here the first 5,303 Anonymous AIDS Questionnaire answers from you. We believe some of the answers will surprise you. If you have any suggestions on how best to distribute millions of the surveys to the diverse populace of our country, please let us know.

If you have additional questions you would like to include in taking this poll, please send them to us.

Society members have a right to know the truth about our free AIDS testing program. In an effort to discredit President Reagan for his selections for the presidential AIDS commission, the press has made false accusations about several of the commission members. Our free testing program has been erroneously criticized. For example, we have *never* notified a single AIDS-positive person by mail, as some reports claim. Any such person has been notified by his or her own physician or ours, and in a completely confidential manner.

The new AIDS MOBILE operated in the church parking lot outside the historic parsonage. The city of Holland, Michigan, was founded by the Dutch pastor who organized the Third Reformed Church there.

Our belief is that some counseling guidelines were set up for high-risk persons who need a great deal of time-consuming counseling even after a negative test result. A negative test result is good only if the antibodies were there to be tested; high-risk people who continue in dangerous practices must be tested again and again. They must be told this and given much help in changing their lifestyles.

The Society tests blood-transfusion recipients who do not need to change their lifestyles and who can be told the meaning of a negative test in pre-test counseling and by mail.

We believe you should monitor the legislation in your states to make sure we get guidelines rewritten to accommodate efficient testing of persons who are not in need of changing their lifestyles. Can you imagine the folly of spending precious AIDS budgets to counsel a seven-year-old boy or his parents about changing his lifestyle after he receives a negative AIDS test result? A test he was given because his parents were uneasy about a blood transfusion he had in New York City? Suppose your grandmother wanted an AIDS test after her hip surgery and blood transfusions. Would you deny her peace of mind because there wasn't sufficient budget for post-test counseling if she was negative? Of course not! But if we aren't careful we will be boxed into a corner with "guidelines"—or worse still, laws—about testing that will make it impossible to test all those who want to be tested.

Your Society has been called uncaring because our free testing is done only for the blood-transfusion patients and the women contemplating pregnancy. We test these low-risk groups that do not need to change their lifestyles because it is our firm conviction that these people can be conveniently and confidentially told by mail that they are AIDS-antibody negative. Our descriptive information about negative AIDS antibody tests helps them to make decisions concerning pregnancy and sexual activity after blood transfusions.

* * *

We think it is important for our readers not to be misled by frequently repeated, inaccurate myths about *false positive* tests. Such myths are often used as an excuse for not advocating voluntary testing.

From published scientific sources, we can make a couple of definitive statements about Human Immunode-

continued on page 109

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First results from the

ANONYMOUS AIDS QUESTIONNAIRE

The figures below tabulate answers from the 5,303 readers who responded before our press date (which came before the October *Post* had gone on the newsstands). NA means no answer. If you didn't have an opportunity to answer the questionnaire from the October *Post*, please fill in your answers and mail to us. Adults: remove questionnaire from the magazine if there are children in the home.

1. Do you believe that children should be taught about AIDS prevention in school? Yes_____ 4,746 No_____ NA_____ 98

2. If yes, at what age do you believe that children should be taught about AIDS prevention? _____ average age = 10

3. Should condoms be discussed in schools? Yes_____ 3,849 No_____ 1,302 NA_____ 152
   If yes, at what age? _____ average age = 11

4. Do you believe that free AIDS testing should be made available for all persons who have had blood transfusions in the past ten years? Yes_____ 4,958 No_____ 267 NA_____ 78

5. Do you have a family doctor? Yes_____ 4,850 No_____ 416 NA_____ 37

6. Would you rather have an AIDS test without letting your own doctor know you wanted one?
   Yes_____ 797 No_____ 4,392 NA_____ 114
   If yes, why? Because of embarrassment_____ Because you believe he doesn't think you need to be tested_____
   Because you asked and he suggested it wasn't necessary_____ For other reasons_____

7. Would you want your family doctor to be the physician to treat you if you learned you were AIDS positive?
   Yes_____ 3,799 No_____ 1,229 NA_____ 275

8. Would you prefer to go to an out-of-town infectious-disease specialist who specialized in treating AIDS patients?
   Yes_____ 1,824 No_____ 3,018 NA_____ 461

9. Have you ever been treated for a sexually transmitted disease? Yes_____ 362 No_____ 4,865 NA_____ 76

10. Have you ever practiced anal sex to avoid pregnancy? Yes_____ 126 No_____ 5,141 NA_____ 36
    If yes, do you at the present time? Yes_____ 32 No_____ 83 NA_____ 11

11. Have you ever practiced anal sex for reasons other than to avoid pregnancy? Yes_____ 481 No_____ 4,698 NA_____ 124
    If yes, do you at the present time? Yes_____ 102 No_____ 326 NA_____ 53

12. If you suspect you have been exposed to the AIDS virus, would you prefer to have the AIDS test done anonymously by mail? Yes_____ 1,304 No_____ 3,704 NA_____ 295

13. In the rare event that you would be found to be AIDS positive in an AIDS testing program, how would you want to receive the information?
    - _____ 3,502 From my own physician
    - _____ 189 From an anonymous physician
    - _____ 33 From my own clergyman
    - _____ 1 From an anonymous clergyman
    - _____ 372 From an anonymous AIDS counselor
    - _____ 63 From my spouse
    - _____ 1,052 By direct mail

14. Have you ever donated blood? Yes_____ 2,734 No_____ 2,492 NA_____ 77

15. Have you ever tried to receive blood by directed donation? Yes_____ 247 No_____ 4,976 NA_____ 80
    If yes, were you successful? Yes_____ 144 No_____ 57 NA_____ 46

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16. Have you ever tried to *give* blood for a directed donation? Yes 760 No NA 94

If yes, were you successful? Yes 433 No NA 138

17. Have you ever tried to pre-donate blood? Yes 387 No NA 57

If yes, were you successful? Yes 195 No NA 89

18. If you contemplated surgery, would you prefer to pre-donate your own blood? Yes 4,954 No NA 100

19. Do you believe that hospitals should be required to routinely check for the rare possibility of an AIDS-positive result in new mothers who received blood for Caesarean-section surgery or hemorrhaging? Yes 4,957 No 240 NA 106

20. Do you believe that hospitals should be required to routinely check *all* patients who have received blood for the rare possibility of an AIDS antibody positive result? Yes 4,850 No 352 NA 101

21. Currently in many states, it's against the law for an individual with an infectious venereal disease to knowingly transmit the disease to another person. This law does not apply to victims of AIDS or carriers of the AIDS virus. In your opinion, should knowingly transmitting the AIDS virus to another person be a crime? Yes 5,018 No 79 Don't know 206

22. If yes, do you believe the punishment for donating or selling blood that subsequently causes death to the recipient should be: monetary fine 490 prison term 3,126 other 1,092 NA 310

23. Since 1985, *after* the blood supply was thought to be AIDS free, there have been eight documented cases of AIDS infection by blood transfusion. Many cases are reported of infected individuals, cognizant of the infection, who still choose to donate blood at the risk of contaminating the blood supply. In your opinion, should it be a criminal offense for an HIV-infected individual to knowingly donate blood? Yes 5,103 No 51 Don't know 149

24. Do you believe there should be a law making it mandatory for blood donors to leave their forwarding addresses with the post office or their blood bank when they move or leave town, so that they can be contacted and tested in the rare event that their blood is believed to have caused AIDS in a recipient? Yes 4,657 No 226 Don't know 420

25. In your opinion, should insurance companies be prohibited from requiring applicants to take an AIDS test as a prerequisite for obtaining insurance? Yes 1,245 No 3,122 Don't know 936

26. Are you aware there is a three- to six-month period during which a person may carry the AIDS virus but during which the body has not yet developed antibodies that can be detected in the blood bank screening process? Yes 3,384 No 1,849 NA 70

27. After a possible exposure to AIDS, the Centers for Disease Control recommends waiting for the antibodies to rise before being tested. Their suggested waiting period is: 1 month 419 3 months 2,868 1 year 884 NA 1,132

28. Do you believe that blood banks are now able to test for all types of hepatitis before providing blood to hospitals for transfusion? Yes 1,977 No 2,577 NA 749

29. If no, which hepatitis do you believe cannot be screened for in the blood banks? Hepatitis B 424 Non-A non-B hepatitis 1,079 NA 1,074

30. Do you believe that those who practice oral-anal sex are aware that this practice can transmit hepatitis? Yes 1,481 No 3,149 NA 673

31. What do you believe is the incidence of hepatitis from blood transfusions? 1% of those receiving blood 2,428 10% of those receiving blood 1,236 20% of those receiving blood 452 NA 1,187

32. Do you believe that all who apply for marriage licenses should be tested for AIDS? Yes 4,869 No 287 NA 147

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AIDS

SURGEON GENERAL KOOP ASKS FOR MORE VOLUNTARY AIDS TESTING

Our compassionate Surgeon General fights AIDS with courage. His well-known reputation for fearlessly acknowledging the truth will stand him in good stead during the coming fray.

by Holly G. Miller

The question is legitimate, but the denial is emphatic. "Absolutely *not*," roars the man in the military dress whites. "Me run for president? I would *never* be a candidate for elective office." Case closed. Then he softens, almost smiles, and issues one of his famous Surgeon General's warnings: "Anybody who comes anywhere *near* this office with that suggestion will be shot."

He's kidding, of course—something C. Everett Koop doesn't do with great regularity. An imposing man—all 6'1", 206 pounds of him—he's a gruff cross between Abraham Lincoln and one of the Smith Brothers. But he likes his job, and after six years of sitting in the hot seat at the Department of Health and Human Services, he's warming up to the controversy of it all. He has every intention of completing the term that won't expire until 1989, a full year into the next administration, and he's planned a full agenda. The reason his second four-year tour of duty doesn't end with the changing of the guard is that his original battle for confirmation was the longest in history. The heated hearings that resulted in eventual confirmation proved to be a colorful preview of things to come. In fact, a favorite quip around Washington goes, "Where there's Koop, there's controversy." Not true, Dr. Koop insists.

Author Holly Miller and the Post *editor have a chance to ask Surgeon General Koop questions such as: "Is it true that you pre-donated your own blood when you had surgery recently?" and, "Are Health and Human Services employees tested for AIDS before working outside the country?"*

"Until I was confirmed, the controversy centered on abortion," he explains, referring to his well-known pro-life stance, documented in the two books and numerous articles he's written on the subject. "I don't think anybody who said I was incompetent really thought I was incompetent. The abortion issue made it look like my opponents had a real case against me. Then, from the time I was confirmed until AIDS [became a major issue], I enjoyed an increasing acceptability by the press because I think they saw me not as a rabble-rouser but as a person who was hewing to the line of his mandate from Congress. I was presenting facts about health and disease prevention honestly and on target. And I've done that with AIDS."

AIDS, however, has increased the media's ongoing fascination with Koop. Surrounded by elected officials with more power and budget to initiate change, he's still considered to be one of the hottest interviews in town. Gaining access to his L-shaped office on the seventh floor of the Hubert H. Humphrey Building is an exercise in patience and determination. Take a number and wait. Although his typical day is 12 hours long, he likes to spend most of it at his desk digging out from a backlog of work he estimates to be three days deep. Interviews are sometimes squeezed into coffee breaks and are often granted when he wants to share a particular message with a particular audience.

Such was the case at the beginning of this year, when Dr. Koop made an all-out effort to convince leery church communities that school-age children need to understand their own sexuality. With his usual candor, he comfortably discussed the value of sexual abstinence, the importance of marital monogamy, and the good sense of condoms, a term some Christians prefer to avoid, to mention only in a whisper, or to disguise as the mysterious "c-word."

"No one in the Christian community who was in a position of leadership ever attacked me," he reports

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about his campaign to reach the evangelical masses. "Nor did any Christian magazines attack me. They were extraordinarily cordial when I said I thought I'd better spend my time in the beginning of 1987 talking to the church because I didn't think they understood the AIDS problem or its severity. Their response was remarkably good. Many of them used the media that they control—radio, television, and print—to get the message out, not just about AIDS, but about how people can't understand AIDS unless they understand their own sexuality. So, I've been pleased."

The fruits of his efforts hang on his office wall—a gallery of framed magazine covers with the same bearded face sternly peering down from each. The publications are an interesting mix—religious, medical, and general-interest magazines—and they underscore his emphatic statement that he is the Surgeon General of *all* the people, not just the special-interest groups that would like to claim him. His body of supporters seems to be growing, although at different points in the last six years he's stepped on more toes than an out-of-sync waltz partner. He's angered the tobacco industry with his call for a smoke-free society, alienated the women's movement with his firm antiabortion views, and jolted some with his endorsement of sex education in the schools.

Koop stands by his 36-page *Surgeon General's Report on AIDS,* issued exactly one year ago and available at no cost to anyone requesting it. Congressmen have sent more than 12 million copies of the controversial and comprehensive document to their constituents. The booklet deals with the symptoms, prevention, and transmission of AIDS. It makes grim predictions (179,000 AIDS deaths by 1991) and urges preparation and education.

"The impact of the report has been tremendous," he says on the eve of its first anniversary. "Six months ago the controversy was 'What are we going to do about this terrible problem of sex education?' Now the problem is 'How soon can we get state legislatures to make sure our kids learn something about their own sexuality?' So we've made progress on sex education, and we've succeeded in teaching people what AIDS is all

When C. Everett Koop separated Siamese twins from the Dominican Republic, he was revered by the island populace as some kind of savior. (Ironically, a few years later one of the little girls choked on a large kidney bean and died.) Countless life-endangered newborns now survive because of intensive-care units pioneered by Dr. Koop at Philadelphia's Children's Hospital.

Though Dr. Koop was surgeon-in-chief at Children's Hospital of Philadelphia, he spent a great deal of time overseas in outreach programs of MAP International and the Christian Medical Society, performing surgery and organizing medical-care programs for the impoverished in underdeveloped countries. This missionary spirit pervades his approach to his chosen field of public health.

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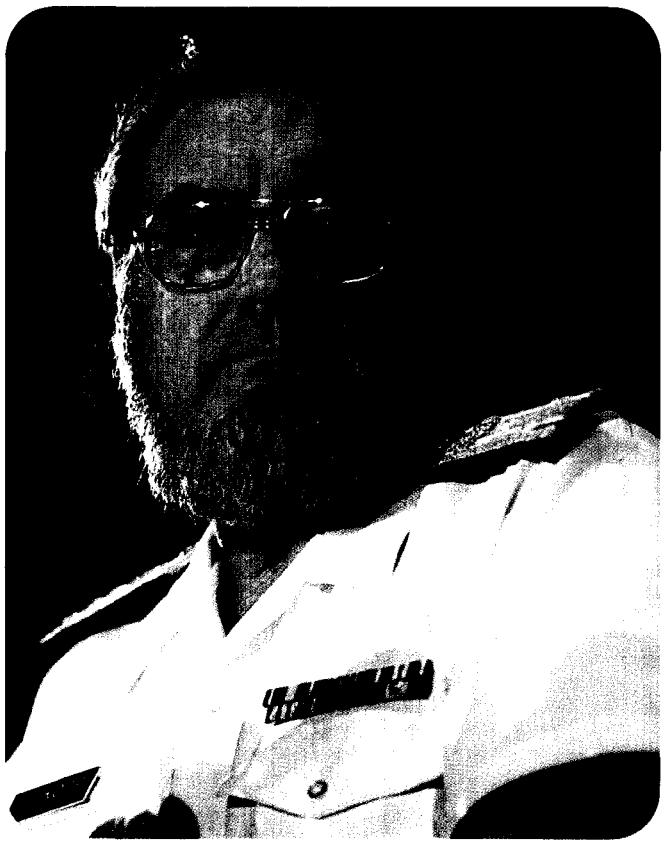
about and how it's transmitted."

He grieves for victims already afflicted with the virus and frequently visits AIDS patients in hospitals across the country. His more than three decades as a renowned pediatric surgeon prepared him for dealing with terminally ill children, but youngsters born of AIDS-positive mothers and young hemophiliacs who contracted AIDS from tainted blood products are a special concern.

"I went to Harlem Hospital with Dr. Koop to visit the children with AIDS," recalls Jim Brown, the director of the Public Health Service's news division. "The first child we saw was a little boy in an oxygen mask who wore blocks on both arms so he wouldn't hurt himself when he kept hitting the sides of the crib. It was obvious that he was going to die. Dr. Koop was moved but was able to cope as doctors are trained to do. But I found it difficult to go on. Both Dr. Koop and Dr. Windom [the No. 2 official at the Department of Health and Human Services] have called for volunteers to visit AIDS children in hospitals since many of them have been virtually abandoned because of their disease."



Dr. Koop wears his military uniform with pride and preference. On the warm day we interviewed him, he was in his Navy whites. His position as Surgeon General gives him the rank of three-star admiral.

Koop's current hospital rounds are ceremonial and are slated to boost spirits, not treat illnesses. At age 71, he says he doesn't miss the active practice of surgery, even when he reads about the recent separation of Siamese twins at Johns Hopkins Hospital. He was famous for the procedure at his home hospital in Philadelphia.

"I still maintain contact with many of my old patients," he says. "They write and tell me their news or ask for advice. If I miss anything, it's what I did best and what I got my kicks out of: finding the sore point of anxiety of a family and solving the problem. That, I liked."

In a sense, he's still involved in problem solving. He's still in the business of saving young people's lives, only now his mission also includes changing young people's lifestyles. He's encouraged by new data that indicate post-college heterosexuals are moving away from high-risk behavior and toward monogamous relationships. Now he wants to concentrate efforts on preadolescents with the goal of raising a generation of youngsters who will practice abstinence until marriage. He knows skeptics scoff at the idea and call him idealistic, but he insists that success is possible.

"They may laugh at me, but they say, 'Sure, try it,' " he boasts.

His greatest challenge is not with young married couples or with preteens. The people least likely to heed his advice on abstinence and monogamy are adolescents who have already become sexually active with one or more partners.

"I think I'm a realist enough to know when you take a 17-year-old boy who has begun to have sexual relationships, he is almost never going to turn around and go back to abstinence. This is the group that is not going to listen to a just-say-no program; so to them we have to say, 'Unless you are absolutely *certain* about your partner—and how can you be?—you've got to protect yourself against AIDS.' I recommend the use of a condom, knowing full well it's not 100 percent safe," Koop says.

Koop is not afraid to talk about condoms, even to large audiences vocally split on the issue. When he addressed 6,000 people at the conservative National School Boards Association convention in San Francisco last April, a surprising standing ovation resulted. Any animosity was quickly dispelled when he opened with a joke about himself. He explained that unlike most of his predecessors, he likes wearing the official garb of the Surgeon General. The office carries the rank of a three-star admiral, and the uniform that goes with the title is heavy on stars, bars, epaulets, and ribbons. Once on a flight from Hawaii, he recalled for his audience, he was striding down the aisle of the plane when he paused to nod at two elderly tourists struggling to stuff packages of souvenirs under the seats in front of them. Mistaking Koop for an airline steward, the women beckoned him and gave him their sacks of treasures to deposit in the overhead compartments.

The NSBA audience roared its approval and awarded the warm-up round to their guest speaker. Then Koop began delivering his hard punches: a plea for sex education and assurances that abstinence is best but that condoms have an important place in the real world. In the end, the decision was unanimous. Koop was a winner.

Such openness has set a certain tone at the Public Health Service. Throughout PHS quarters in Washington, cartoons about condoms are tacked to bulletin boards, AIDS-related brochures produced by various state public-health departments

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are stacked on desks, and magazine ads that promote condoms are framed and hung in waiting rooms. One full-color advertisement proclaims condoms as "smart sportswear for the active man; the latest in evening wear; available in all colors; one size fits all; on display at fine drugstores everywhere." Another poster resembles the scrawling artwork of a pre-schooler and urges, "I have AIDS, please hug me."

This candor carried over into the nationwide media blitz, part of AIDS Awareness Month. In promoting a two-hour TV special about AIDS, the sponsoring Metropolitan Life Insurance Company used the slogan, "You Get AIDS from Blood, Semen and Ignorance." Koop and his colleagues at the Department of Health and Human Services participated in dozens of special events in conjunction with the month-long observance to boost public knowledge of AIDS and dispel misconceptions about the disease. His efforts to go public with the sensitive subject were remarkably like those of a predecessor, Surgeon General Thomas Parran, who, 50 years ago, insisted on discussing the "shocking" disease of syphilis on network radio.

After completion of October's AIDS Awareness campaign, Koop plans to take a reading of the situation and identify the pockets of people who need to be reached with additional information. "These people are drug abusers, and many of them are blacks and Hispanics," he says. "I see the management of the drug abuser and the way he is putting AIDS into the heterosexual population as the biggest issue we now face."

He also hopes to accumulate more factual data on the sexual habits of Americans. "I think we have tremendous amounts of misinformation or poor information on the sexual lifestyles of both heterosexual and homosexual people," he says. "We need to know the frequency of contacts, the number of contacts, and how many couples engage in anal intercourse, which is the most common way of transmitting AIDS. If we knew, for example, that *X* percentage of married couples were carrying out anal intercourse, it would make a lot of difference in the way we stress education."

The Surgeon General's stand on AIDS testing remains the same. He favors voluntary testing. He encourages altar-bound couples to submit to testing but quickly points out that in this country most high-risk people are not getting married.

The affirmative side of mandatory testing, he admits, is that it would allow the medical community to better predict the number of victims who will require care in the next few years. Cities and states could prepare adequate treatment facilities if they had advance warning.

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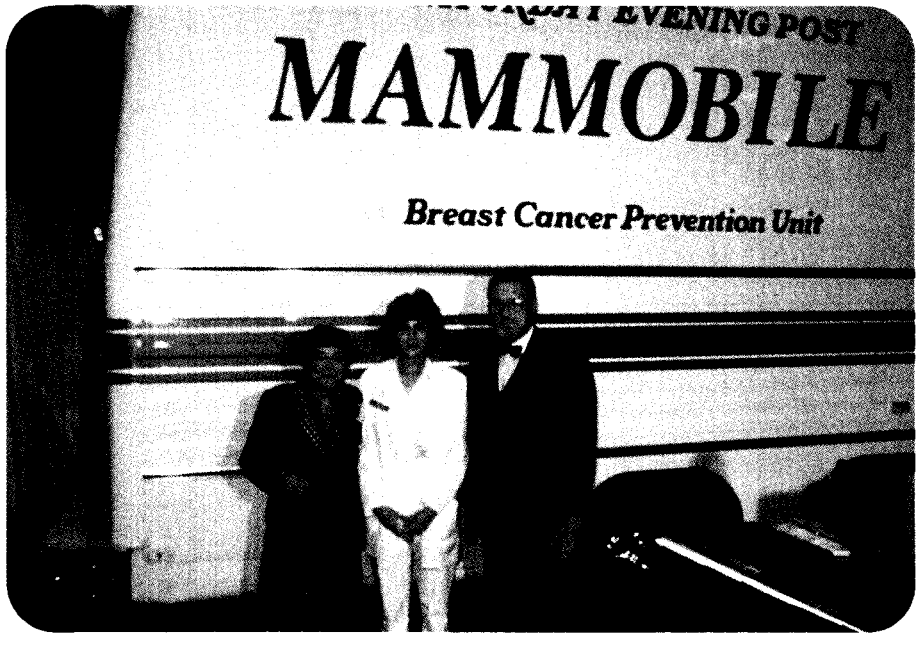
Dr. Koop's job as Surgeon General has taught him a lot about the real world. He explains that we can't mandate a piece of Nicorette in every pack of cigarettes because some nicotine addicts would chew the nicotine-containing gum while at the same time smoking to get a better nicotine high. Paul SerVaas nevertheless welcomed the opportunity to present this idea to the fearless, cigarette-battling Surgeon General.



We asked the generalissimo of our Public Health Service to check out the MAMMOBILE when it was in Washington crusading for more women to be mammogramed. Recent studies show that many lives would be saved if all women over the age of 40 would have mammograms every other year or even yearly.

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IN MEMORY OF DAVID KOOP

The testimony of a family who found meaning in the loss of a son. A very personal story of faith and courage.

by C. Everett Koop and Elizabeth Koop

The story begins on a Sunday evening in April 1968. At that time our family consisted of our married son, Allen, and his wife, Mary Ellen, living in an apartment only a mile away while he worked on his doctorate in history; Norman, living at home while attending a nearby college; Betsy, a high-school student living at home; and our third son, David, a junior at Dartmouth College in New Hampshire.

Surgeon General and Mrs. Koop with their son Allen (left); daughter, Betsy; son Norman; and daughter-in-law Anne.

It was David's custom to telephone us at nine o'clock each Sunday evening to bring us up-to-date on his activities and to chat a bit with the various family members. With the return of spring to the north country, David had been spending every nice weekend rock climbing in the White Mountains of New Hampshire and would report his latest climbing adventures to us in his Sunday evening calls. On April 28 the telephone remained silent as nine o'clock came and went, and his mother, particularly, began to feel uneasy as the next hour dragged by. Finally, at ten o'clock the phone rang, and both parents hurried eagerly to answer on separate extensions.

"Is this Dr. Koop?"

"Yes, it is."

"This is Dean Seymour at Dartmouth College."

"You have bad news for me."

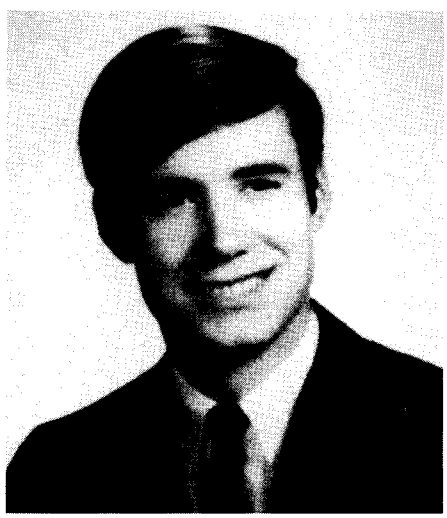
"I'm afraid I do."

"Is it the worst?"

"The worst; David is dead. He was killed in a climbing accident on Mount Cannon this afternoon."

David and Charlie, his climbing partner, had decided to try a route up the rock face of Mount Cannon near Franconia Notch, called "Sam's Swan Song." While they hiked into the woods to the foot of the cliff, the weather was uncertain, but by the time they reached the starting point of the climb, the clouds had lifted, the pine needles were covered with rime ice, and the sun came out to make it one of those crisp, clear days in which David reveled.

The boys made their ascent by leapfrogging. One would climb a safe distance up and then fasten himself to the face of the cliff by means of a nylon rope tied into a piton (a steel spike with a ring on its end) driven into a crack in the rock by a hammer. Thus secured, he would say, "Off belay," meaning that he was safely over his immediate climb, anchored firmly to the rock, and now in a position to act as security for his partner.



The tragic death of David at age 20, in a mountain-climbing accident, left a vacancy in the loving, close-knit Koop family.

One of the many precious things to our family is the photographic record of all that David saw that morning, preserved in his knapsack. We can imagine his taking angle shots, first to the right and then to the left. David loved the exhilaration of "exposure," and his joy was to capture the sheer edge of the face of the cliff and then put it into perspective with another mountain in the background. At the lunchtime rest, David must have changed the film in his camera, because there were only two frames exposed on that roll—one showing Charlie on a ledge examining the map of the rock face before the next ascent.

With Charlie fastened to the face of the cliff, David made his last climb up and then around an outcropping of rock, so that he was out of Charlie's vision. When 60 feet of nylon rope had been played out (the rope attached to one climber goes around the second climber's body so that, in case of a fall, the second climber can break the fall of his partner by using his body as a winch), David called, "Hey, Charlie. There's a piece of loose rock here, and it's as big as a house!"

We'll never know the details of the next moments. David was a sophisticated climber, aware of the dangers of loose rock and of stone avalanches. Charlie heard a roar of falling

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stone, David fell, Charlie applied a dynamic belay, and David came to rest hanging 60 feet below Charlie.

Charlie got to David as rapidly as he could by rappelling as far as the rope would carry him (sliding in a sling passed between the legs and over the shoulder); and then, after fixing another piton, he descended to David, who hung a few feet above a 14-inch ledge. Charlie lowered David to this ledge and secured him there. David's left leg was crushed. Charlie applied a tourniquet above the injury, but Chick [Dr. Koop] believes the situation was already irreversible from blood loss.

David's first words were, "Off belay." While this signifies to us that David was confused (he had a hole in his helmet and a depressed fracture of his skull), it brings the comfort of suspecting that he perhaps had little knowledge of the gravity of the situation. But more than that, the Lord has used that phrase to comfort us when, in the sleepless hours of the night, our thoughts turned to the details of the fall. "Off belay" means to us that, under the circumstances of our son's life and his death, he was secure, fastened to the Rock, and was then in no need of any other aid.

David also said, "It hurts," and a few moments later, "Charlie, you go down." Then he said, "I'm thirsty. It's hard to breathe," and finally, "I'm sleepy."

David bled to death, and from the nature of his injuries as well as from the symptoms David mentioned, the time could not have been long.

In grief, one seeks and finds comfort in situations that otherwise would be harrowing, if not unbearable. So we derived comfort from the knowledge that David bled to death—quick, painless kind of death. Although he had other injuries, of which a crushed leg was the most severe, in his state of rapid exsanguination, he probably had little pain.

What were his thoughts? Not clear ones, certainly, by the time Charlie reached him. But he certainly knew of his predicament, during and after his fall. Also we can take comfort that his thoughts must have been exercised in prayer to his Savior, who even then was reaching out to receive him.

As the first long days and nights after David's death wore on, many of our children's friends came to our home—some having traveled a distance from their colleges and schools. Sudden death at 20 is a shocking and sobering fact. It was both heartwarming and comforting for us to see our children gather with friends for such discussions, with Bibles opened, sharing an urgent message prompted by their experience.

Our children's grief was very deep, and they could not believe that life could ever be right or the same again without their brother. Of course, our family life never will be the same, but we are trusting in the Lord to help us accept the empty place in our family circle and to keep us constantly aware that David is in heaven—which is far better for him.

Because of the nature of David's death, the news traveled fast. Almost immediately messages and letters of sympathy began arriving. We stopped counting at one thousand. Many came from parents of Chick's small patients, and almost all of them seemed to cry out against the irony that Chick should lose his own son when he had saved the lives of so many children and had brought such comfort to so many during his 22 years as a children's surgeon.

In the fabric of God's plan there is one long straight line of events that warrants narration. Chick deals with the parents of dying children (and, of course, dead children) very frequently in the course of his work as a child's surgeon, because the mortality is high in the two fields of endeavor in which he has developed special skills: cancer, and the surgery of the newborn.

After dealing with hundreds of parents concerning the impending death or the recent death of their child, one gets to the place where he almost believes that the quantity of experience is equal to going through the situation personally. When a youngster has cancer, the problems are most trying, because although the impending death is rather certainly known, it is not immediate, and in a sense, the parents lose the child twice—once when they are told of the poor prognosis and once again when the child actually dies. Over the years,

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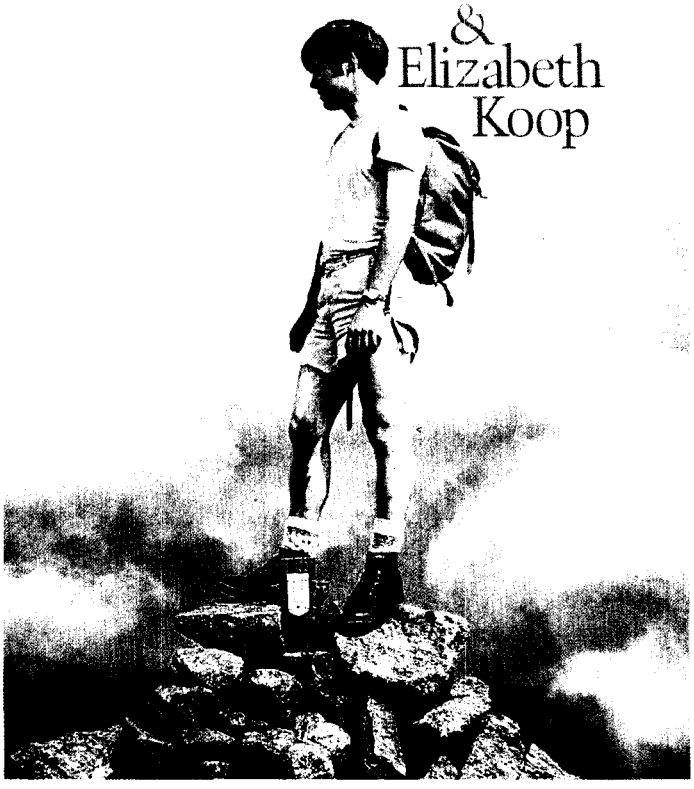
SOMETIMES MOUNTAINS MOVE

C. Everett & Elizabeth Koop



David's parents found consolation in writing a book, excerpted here, about handling their grief. They hoped it would help others.

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MY LIFE IN A GREENHOUSE

Hanging iron pots from the ceiling is but one heinous device a wife has for turning a home into a jungle.

by Maynard Good Stoddard

Illustrated by Don Trawin

My dear wife was making an emergency run into town. Either to get an earring welded or buy sleeping pills for the cat, I've forgotten which.

"As long as you're going," I called from beneath the sink, where I was disengaging the trap to look for a fugitive false eyelash, "would you mind buying me a football helmet so I won't keep knocking myself silly on those blasted hanging plants of yours?"

Two hours later she returned, all aflutter—which was not altogether out of character—having forgotten the cat's sleeping pills, or whatever, and the football headgear, but, joy of joys, she *had* timed her trip to coincide with the biggest plant sale in the history of K mart. Car trunk full, back seat fuller, African violets sitting on the instrument panel, weeping willows strapped to the roof.

What else had she added to her current foliage menagerie? She had no idea. They had sort-of Latin names, she thought. As I brought up the wheelbarrow to help her unload, I wept copiously, directing my tears toward several specimens that looked as if they'd appreciate the moisture, remembering the dozen foot-high "Mountain Olives, or Harvest Olives, or something like that," that she had brought home to make a hedge along the drive. That hedge is already 20 feet high, obliging us to drive behind the grape arbor and across the garden to reach the road. The parsnips are getting pretty tired of it.

I hold the state of Indiana responsible for some of my problem—for offering trees in 200-unit lots at bargain prices. And if you know women and bargain prices, you'll believe that my big blue eyes were opened one morning by a UPS delivery horn, announcing the arrival of three lots, or 600 trees. And if you've ever planted 600 trees in clay soil, you'll also believe that my once-regal stature ended up reminiscent of a croquet wicket. It hasn't improved a whole lot since.

It is not so much her outdoor flora that has turned me into a contemporary Dr. Livingstone, however. Except for the hedge, we (flora and I) enjoy a fairly good rapport. The four redbuds that cost the price of a new set of golf clubs, including bag, have yet to sprout a twig. Anything that *has* managed to come alive on our billiard-ball clay knoll I can walk around or jump over. Or, if the situation permits, step squarely upon. And, due to some careless mowing on my part, I no longer have to fight my way down to the mailbox. Not that I didn't hear about it. In fact, a boiler factory hath no noise like that of a woman whose wisteria hath been shorn at the roots.

"You should have fenced it," I suggested during the inquisition.

"Anyone who can't tell wisteria—if that's what it was—from simple grass shouldn't be operating a mower," rebutted Mrs. Luther Burbank several times removed. I noticed the other day that the stuff is coming back again, which may bring on another case of ignorance in a couple of weeks.

Although the problems of an outdoor jungle are sufficient for any man, they are as nothing compared to the jungle this man has to contend with within the confines of his own castle, as a bachelor poet once referred to it.

Having beaten me to retirement, my dear wife has embraced with unparalleled bliss the lethal hobby known as macramé. This is the fiendish pastime of suspending plants in cast-iron buckets from the ceiling. Her greatest enjoyment comes from hanging them at a level carefully gauged to catch a man of six feet just above the eyebrows. A woman of 5'5" or less can, of course, sail under with no thought of a contusion or a concussion or having her head molded into the contour of a Hubbard squash. And once the husband has spoiled the game by remembering where the booby traps have been placed and begins walking along the back of the sofa to get from kitchen to bedroom, the wife accepts the challenge and redistributes the buckets, and the contest begins all over again.

For a little diversion during dinner a few nights ago, the wife I know best (which isn't saying much) rigged up a dandy. Slumping into my chair at the table, not fully recovered from a beaut she had nailed me with just inside the kitchen door, I was just beginning my salad, which looked to be a clever combination of daisy stems and moss roses, when I felt something crawling on the back of my neck. With visions of black widow spiders dancing in my head I didn't wait to lay down my fork before reaching back to deliver a terminal wallop to whatever it was. What I succeeded in doing was burying all five tines of my fork in my left ear lobe. And not until my dear wife had laughingly plugged

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my wound with a paper towel did I learn that I had been attacked by nothing more perilous than a trailing arbutus she had suspended only that day behind my place at the table.

It naturally followed that my nightmare that night consisted of having the thing trail us into town, forcing me to step out of line at the box office and send it home: "You go home! Go on now, git! No, you can't see the movie!" And everybody was hissing and booing me as the vine finally turned around, put its little stigma between its calyxes, or whatever, and slunk away.

Our closed-in front porch I had conceived as a lovely bit of desert in our lush six-room oasis. A place where we could sit on long summer evenings without having any mosquitoes drain our blood or moths chew up our clothes. My dear wife offered not the slightest hint that the 12 windows would make the area ideal for a combination greenhouse-nursery and a proving ground for unidentifiable aberrations of nature. Not word one to indicate that the foot-wide board she requested beneath the windows would immediately disappear beneath a battery of pots, crocks, jars, bottles, a discarded hand basin, and four feet of leftover gutter, all sprouting flora designed either to run down the wall and across the floor to make walking a hazard, or to spread across the windows to obscure the view, our sole reason for buying this hilltop clayheap in Freedom, Indiana, in the first place.

One day, upon noticing that I could still wedge in a coffee cup on the extreme end of the board, she immediately plugged the gap with a bunch of cups containing cherry-tomato seedlings.

"Well, at last you've done something that makes a little sense," I said. "But why all this other crud when most of it could just as well be laid to rest in your so-called rock garden? Or would that disturb your weed arrangement out there?"

"I have the plants inside because they take in carbon dioxide and give off oxygen," she sniffled.

"I'll buy you a respirator," I offered. "You've got so much junk in this jungle if one of us ever has hay fever he'll be dead before he can get to the couch."

"You wait until these are all in bloom," she said, tenderly pulling a wayward vine off the ceiling and draping it over the last hope of visibility through the eight front windows, "you'll be eating your remarks." I could have retorted they would be an improvement over her daisy-stem and moss-rose salad, but I thought better of it.

I moved the cherry tomatoes out to the garden just in time. They're already five feet tall, and counting. Too bad we didn't have them for a hedge instead of those Mountain Olives, or whatever they are. As for the front porch, my dear wife still fights her way out there with a watering can whenever she isn't hanging up a new bell ringer.

As for me, I have written the porch off altogether. The closest I approach it now is the doors that give out onto it. And only then whenever one of her eager-beaver vines has come creeping in over the threshold. That's where I put my foot down. If my dear wife isn't looking, that is.

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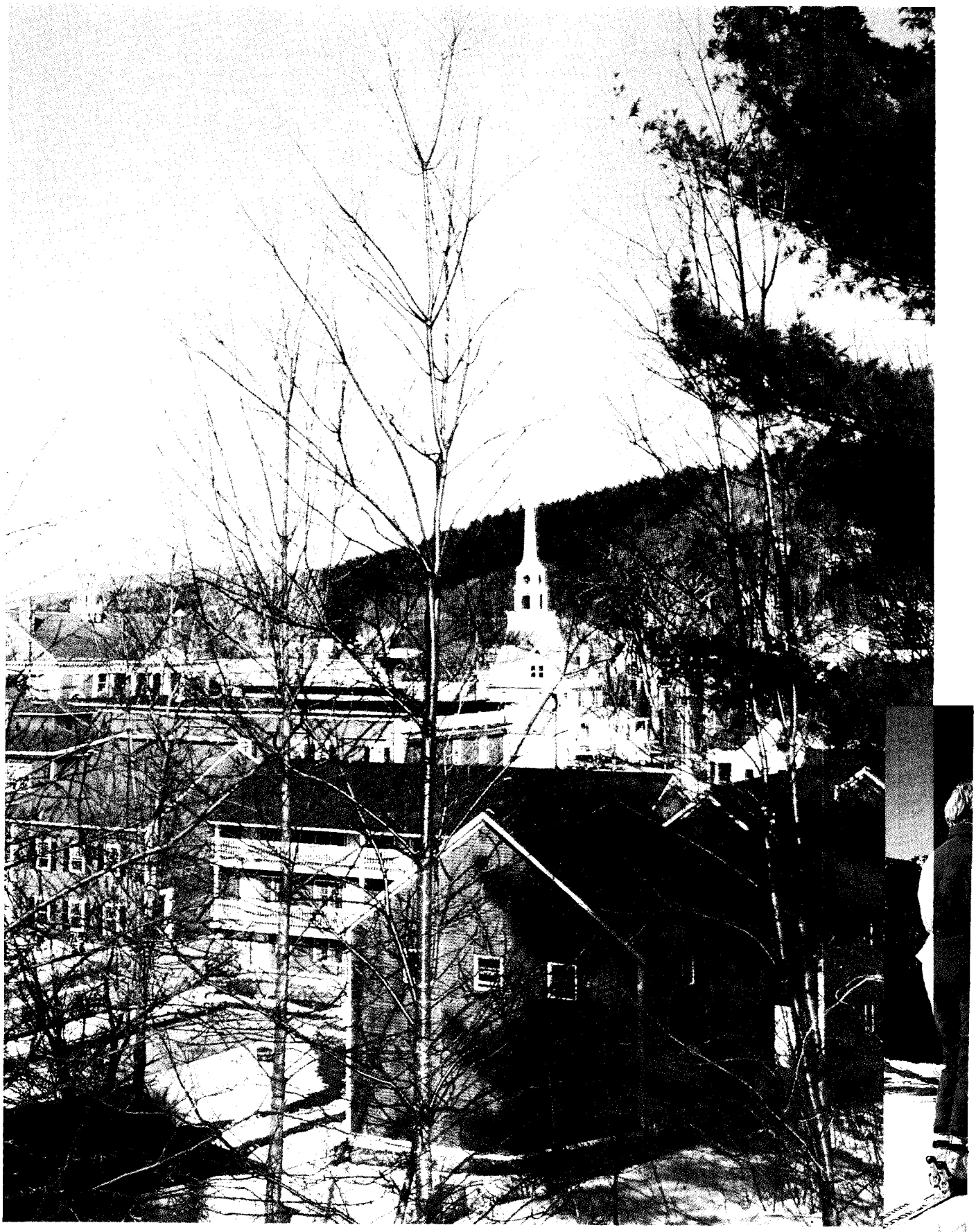

Deep in the heart of Norman Rockwell country: picturesque Stowe, Vermont.

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Skiing

ALL IN THE FAMILY

Several of America's best-established ski resorts are trying to schuss away from the swinging-singles image of the past.

On a rare mild day, the deck of the Octagon restaurant near Mt. Mansfield's summit attracts the après-lift crowd.

STOWE, VERMONT

Tell any New England skier you're going to Stowe and two things happen: first, the brows rise and the eyes widen in surprise, and second, a large smile creases the face. Obviously, you are no tenderfoot, but a person of discernment and knowledge.

Nowhere can the skier find a resort that better embodies the dream of a perfect New England skiing village. Main Street is lined with a jumble of elegant shops, and old-time stores are piled with fuzzy mittens and red long johns. The nearby peaks are lined with ski trails.

The ski area is a short drive from the village up Mountain Road to Spruce Peak and Mt. Mansfield (the highest mountain in Vermont). Most of the runs from the top of Mt. Mansfield's Quad chairlift are narrow, steep, and mean; intermediates and novices find a haven on Spruce and on the Mansfield trails served by the Gondola and Triple chairs. Beginners can also use the wonderful gentle slopes at the Toll House. This massive network is joined by a trolley shuttle that runs continuously between the ski areas and the lodges and restaurants on Mountain Road.

(Left) Just like family: Stowe's ski instructors get outstanding marks. (Below) As the name implies, the Trapp Family Lodge is more than a relative success.

Stowe's ski school is among the most respected in the nation. Founded by Sepp Ruschp and now under the direction of his son Peter, the highly personalized classes make beginners into intermediates and intermediates into experts.

Parents and grandparents can enjoy the day without worrying about fractious offspring. Ankle biters from three to seven run off to the Winnie the Pooh Ski School for a fully supervised day of morning and afternoon lessons; lunch is provided. Little brothers and sisters toddle off to Kanga's Pocket, a cozy day-care center that provides a full day of fun, snow play, naps, and lunch.

Skiers aren't restricted to alpine skiing at Stowe. The Mt. Mansfield, Topnotch, Edson Hill, and Trapp Family Lodge ski-touring centers have extensive cross-country trails that interconnect. All the centers offer lessons, rentals, and repairs. For nonskiers, there's tennis, racquet-

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ball, and aerobics at a variety of public clubs and spas in the area, and ice skating at the town's Olympic-size Jackson Arena rink.

Prince or pauper, visitors can find a place to rack their skis at the end of the day. Sixty inns, bed-and-breakfast places, lodges, condominiums, and motels line Route 100 and the Mountain Road. The Stowe Area Association (800-24-STOWE) can help visitors tailor preference to pocketbook. In addition to booking reservations, the association can send information on shops, attractions, and restaurants.

Stowe is no Donner Pass. You'll eat up all those calories you burn on the slopes and then some. The Gables Inn is a personal favorite for a hearty breakfast cooked with care and imagination. Lunch is usually a fast bite at either the base lodge or a cross-country center, although I must admit to a tendency to run up to the Trapp Family Lodge's Austrian Tea Room for a civilized meal topped off with the best Black Forest cake this side of Bavaria.

Every vacation demands at least one special dinner, and Topnotch at Stowe and the Ten Acres Lodge are both noted for their superior chefs and cuisine. The Restaurant Swisspot on Main Street has a delectable chocolate dessert fondue, as well as those warming cheese and beef fondues so loved by skiers.

Ice-cream fanatics can OD on Ben & Jerry's, which *Time* magazine calls "the best ice cream in America." Pick up a cone of New York Super Fudge Chunk or Heath Bar Crunch at The Latest Scoop in Main Street's Old Depot, or visit the Ben & Jerry's factory in Waterbury, just eight miles south of Stowe on Route 100. The plant tour is especially fun for the kids, who will love the ice-cream samples and the rooms painted with summer fields populated by amiable Holsteins.

Stowe has special events and attractions throughout the ski season. The Winter Carnival is January 15-24, and the cross-country Stowe Derby, February 21. Sugar houses go full bore in the spring, and many welcome visitors with tours and samples; the ski area celebrates the harvest with the Sugar Slalom, April 2 and 3.

Stowe is on Route 100 in northern Vermont, ten miles from Interstate 89. It is served by Burlington International Airport and Amtrak (Waterbury station). For information on the ski area, contact the Mount Mansfield Corporation (800-253-4SKI outside Vermont and 802-253-7311 in Vermont and Canada).

—Words and pictures by Sally Moore

Lutsen, Minnesota

The superlatives flow—near waters that don't—when ice-shrouded Lake Superior emits columns of steam from its surface on a sunlit December morning. Entranced skiers pause in their respective descents to witness this ethereal vision.

After reaching their trails via alpine lift, Lutsen's cross-country skiers descend gently to the Poplar River valley, where the venerable lodge awaits.

The sight evokes superlatives but suggests the remote and inhospitable. Nothing could be further from the truth, even during this "unreal" experience. It's simply a part of the environmental regimen at Lutsen (the first syllable pronounced "Lyoo"), the resort that is not only Minnesota's oldest but was also the first to offer skiing with food and lodging, 40 years ago this season. The practice of offering hospitality to lodgers, sans recreation, began with loggers 101 years ago. Loggers, as well as hunters, trappers, doctors, and people who liked to fish—all availed themselves of the opportunity to visit the C.A.A. Nelson homestead and sample the hospitality the Nelsons extended to everyone who happened by. (Some of Anna Nelson's original recipes are the most popular part of today's menu at the main lodge.) That's how the Nelsons got into the resort business, although they never planned to.

Charles Nelson emigrated to the United States from Sweden in the early 1800s. He became the captain of a fishing tug that operated from Duluth, but his fascination with the magic of Lake Superior's North Shore propelled him to buy a homestead site and a considerable amount of property (for $12) at the mouth of the Poplar River on the shores of the great inland sea. He constructed a cabin and began a commercial fishing, logging, and limited trapping enterprise. By 1886, the only "limited" aspect of his enterprise was the space for visitors—thus the genesis of the resort.

Lutsen's reputation for hospitality in the (almost) extreme became a lure for legions of families even before the ski operation began. Legion, as well are stories about the more notable guests, claiming widely disparate degrees of esteem, from Al Capone (a habitué) and John Dillinger to Lowell Thomas and Nelson Rockefeller (Politics make strange bedfellows but Lutsen has apparently made even stranger ones!) But Lutsen's history is no more notable than those who have helped shape it, including Cindy Nelson. She gained world renown, not only as a 1976 Olympic alpine ski bronze medalist, but also as one who overcame numerous injuries in nearly two decades of competition to emerge

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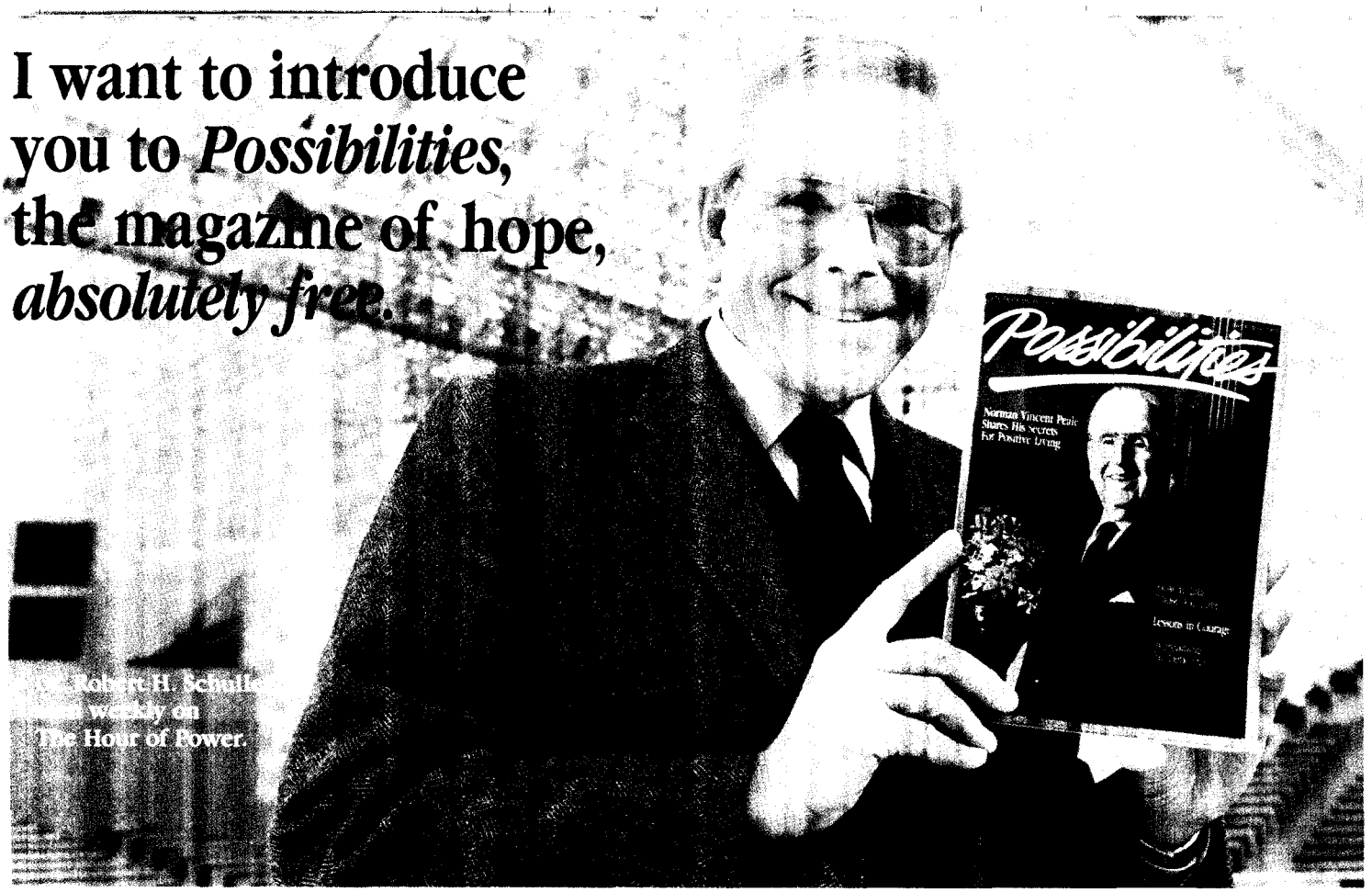

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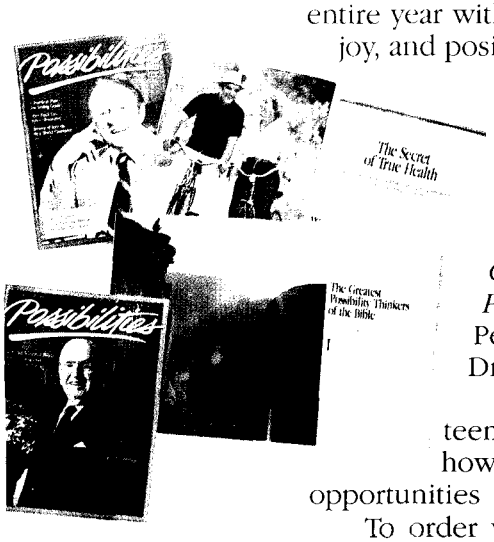

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as one of America's most respected alpine ski champions.

Frequent at Lutsen are the "lake effect" snows, abundant deposits on the first mile or two inland, caused by the meeting of the relatively warm, moist air from off the lakes with the cooler air over the land. In 1948, George Nelson, Sr., Cindy's grandfather and one of the seven children of Lutsen's founder, took advantage of Lutsen's geography and atmospheric peculiarities by opening its first ski hill. Cindy was not even a gleam in her parents' eyes when the first lift began transporting skiers to the top of Minnesota's highest ski hill, but the terrain was to become Cindy's backyard training facility, attracting world-class skiers to coach her in her successful bid for an Olympic medal.

Now Lutsen's ski mountains number four. The longest run covers 6,000 feet; the vertical height is a respectable 1,000 feet, the highest elevation between the Appalachians and the Rockies. Hewn from the forest in sensible stages, the ski area offers every conceivable state-of-the-art conveyance for skier comfort and ease of access to the five-miles-plus of alpine trails.

Cross-country devotees can traverse nearly 130 miles of trails, offering terrain that varies from flat to gently rolling. There are also abundant opportunities for telemarking on steeper, more angular trails that provide sufficient challenges for proficient skiers.

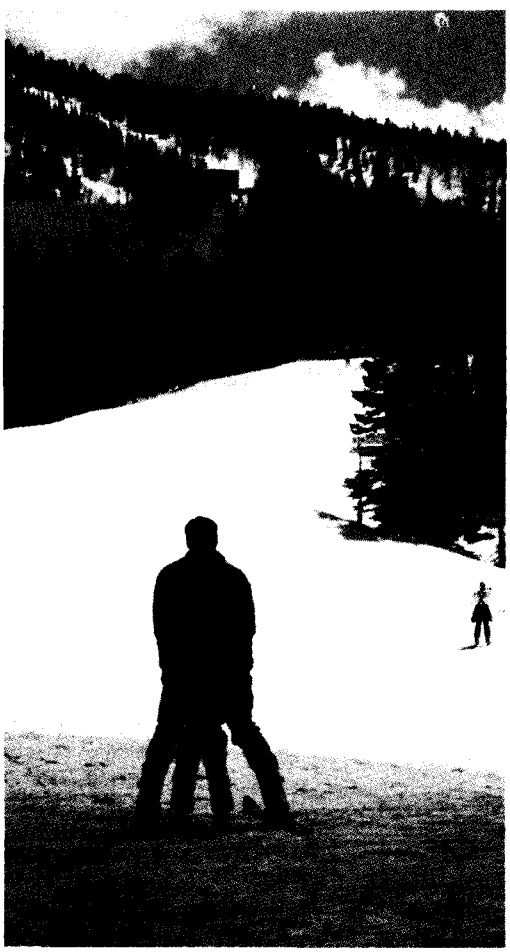
What began as a homesteader's cabin at this point midway between Thunder Bay, Ontario, and Duluth, on U.S. Highway 61, has mushroomed into a winter vacation nirvana. The main lodge, constructed of native timber, occupies the site of Charles Nelson's original homestead. The vast dining room offers ample and ever-changing views of the glistening winter shoreline and the truly blue ice that often clings to it. Thirty-one rooms in the main building and 16 at the nearby Cliff House easily accommodate 100 to 110 guests. In addition, the Sea Villas, two miles away, offers townhouse living for dozens of guests.

The ski-in, ski-out crowd will find state-of-the-art townhomes and condominiums, some able to house 12 people, at the four-year-old Village at Lutsen Mountains, surrounded by the skiing venues. The Village offers every conceivable amenity for today's luxury-oriented society, including a 20-by-40-foot pool, giant Jacuzzi, winter outdoor volleyball court, stores and a deli, and videocassette and VCR rentals. There's also a video arcade in the main lodge, and 18 miles away, the picturesque village of Grand Marais offers bowling, pizza parlors, outdoor night skating, an Olympic pool, a sauna, and a whirlpool.

The marriage of yesterday's values and today's pace promises to be lasting at Lutsen. It sings North America's siren song alluringly and hauntingly in the land of Hiawatha, where ways of life fondly remembered still exist, yet where today's vacationers can enjoy high-tech and high speeds.

George Nelson, Jr. (Cindy's father), the third-generation property owner, maintains with reverence that this magic haven will be here forever. It's easy to believe.

—Barry N. ZeVan



The only generation gap at Steamboat Springs, Colorado, is in father and son's differing rates of downhill acceleration.

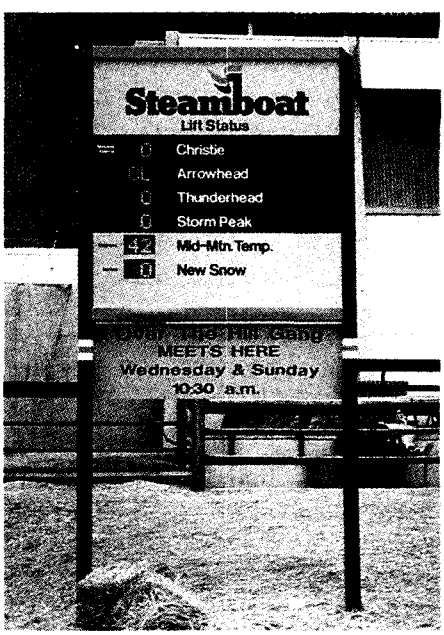
Steamboat Springs Colorado

Somewhere, over the rainbow, there is a world-class ski resort where lift operators greet you with a smile, where you needn't boast the latest *couture du ski*, and where the waits at lift lines are never more than 15 minutes long. Actually, this utopian vision is closer than you might think.

Just 157 miles northwest of Denver, Steamboat Springs is a down-to-earth ski heaven that prides itself on its friendly, laid-back atmosphere. Perhaps the tendency of most Steamboat employees to reside there year-round—indeed, many grew up in the area—accounts for the noticeable esprit de corps.

Steamboat is 2,500 acres of skiable terrain (1,551 of them groomed) for all levels of ability: 15 percent for those just getting their "ski legs," 54 percent for intermediate skiers, and 31 percent for the show-offs. Its four mountains provide the second highest vertical drop in Colorado (3,600 feet); glades of spruce, Douglas fir, and aspen provide *premier cru* "champagne powder." The season from Thanksgiving to mid-April sees an average snowfall of 325 inches, enjoyed by alpine and cross-country skiers alike.

Schussing down the slopes of Storm



Steamboat can't promise the accessibility to lifts you'll find in the spring, but a 15-minute wait is the year-round maximum.

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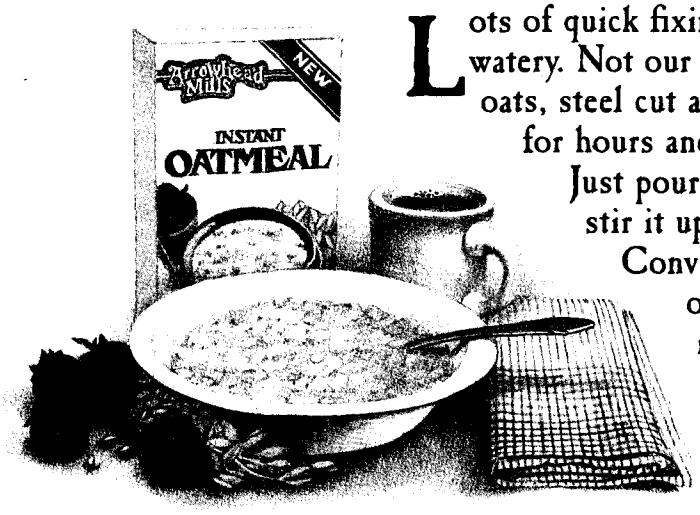

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Peak, one is likely to be out-schussed by a half-pint Killy on 36-inch skis. Steamboat Springs, which bills itself as "Colorado's finest resort for family skiing," hosts a bevy of children's programs to back its claim. The Steamboat Ski School offers special classes for ages 6 to 15, with instructors who show an affinity for kids. The Kiddie Corral provides both nonskiing day-care and ski classes for youngsters ages 3 to 5, in which either half-day or full-day supervision is combined with lunch, games, and rest time.

Steamboat's innovative Kids Ski Free Program means just that: children 12 and younger ski free with parents who purchase at least a five-day lift ticket and stay five nights or more at any participating lodging property. Kids also stay free in their parents' room and enjoy free ski rentals at participating ski shops when mom and dad rent equipment for the five-day period.

The "Skids Club" in Gondola Square is the junior après-ski spot; it offers video games, television, pinball, hockey, music, and other diversions of youth. If this isn't enough to appease the younger set, the town of Steamboat Springs offers such activities as swimming and hydro tubes, ice skating, a library, balloon rides, bowling, snowmobiling, sleigh rides, sledding, and movies. The half-hourly shuttle up and down the mountain makes a car unnecessary and relieves the old folks of chauffeuring duty. Between the town and the resort there are more than 50 restaurants from which to choose, many offering special children's menus.

Despite Steamboat's easygoing ambience, its operation is more efficient than ever these days. A recent $9.5 million expansion equipped it with the "Silver Bullet," the first eight-passenger ski gondola in the world. Though not quite as fast as its namesake, the new contraption will travel 1,000 feet per minute, carry 2,800 people up the mountain per hour, and eliminate lines at most times of the day. Its terminus, the Thunderhead complex halfway up the mountain, has also been expanded to include 2,000 more square feet of deck and cafeteria space, making lunching a less arduous venture.

Another addition midmountain is Hazie's, an elegant restaurant serving *nouvelle cuisine* along with its gourmet burgers. Despite the refined decor, the dress code doesn't snub unbuckled ski boots and sweaty turtlenecks. At the lower level, new and expanded ticket offices, stairways, and loading areas streamline the waiting process. And a new major run, Valley View, has been added on the lower mountain, with a 2,000-foot vertical drop and an 8,000-foot length.

Steamboat's other good news is daily nonstop jet service during ski season. Just 22 miles from the mountain, Yampa Valley Regional Airport has new longer runways to accommodate 727s and 737s from Chicago, Dallas-Ft. Worth, Los Angeles, and San Francisco. Connecting service is available from more than 80 cities.

Whatever your family's lifestyle and budget, Steamboat Springs has a package to please. More information on accommodations is available through your travel agent or the Steamboat Springs Chamber Resort Association (303-879-0740). Don't be surprised by the friendly, cheerful voice at the other end of the line—Steamboat's just that kind of place.

—Words and pictures by Kirsten Mickelwait

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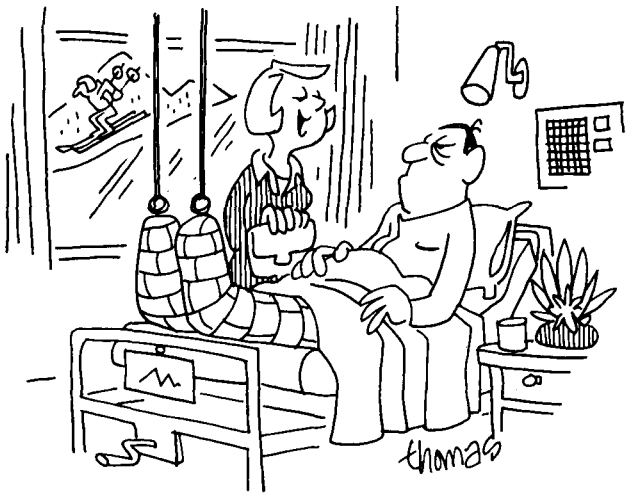

"On the other hand, the daily rate is a lot cheaper than at the ski lodge."

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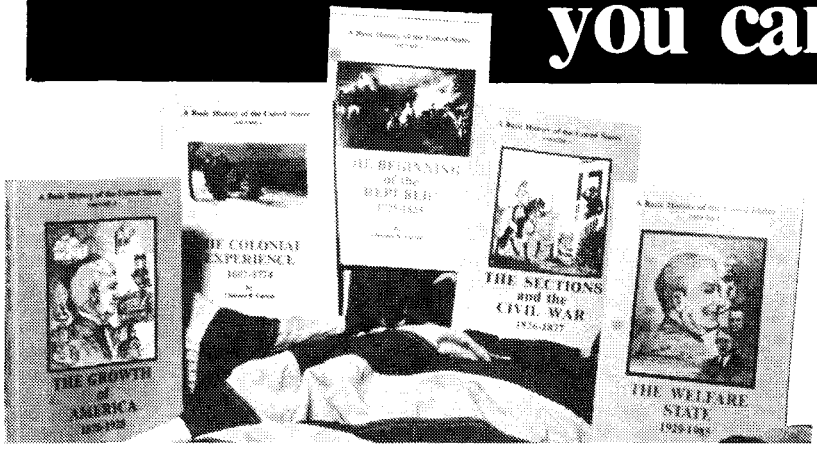
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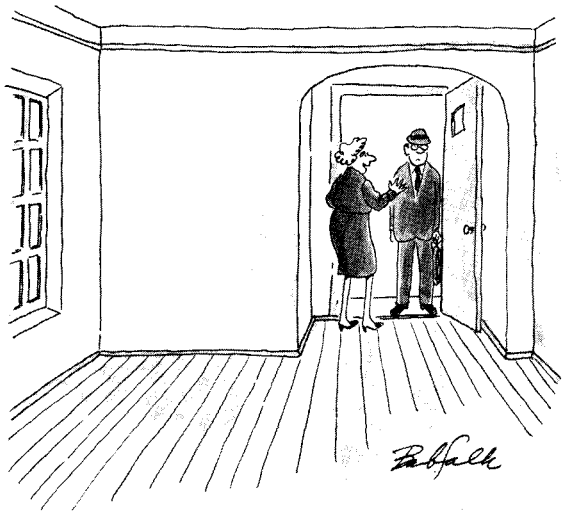
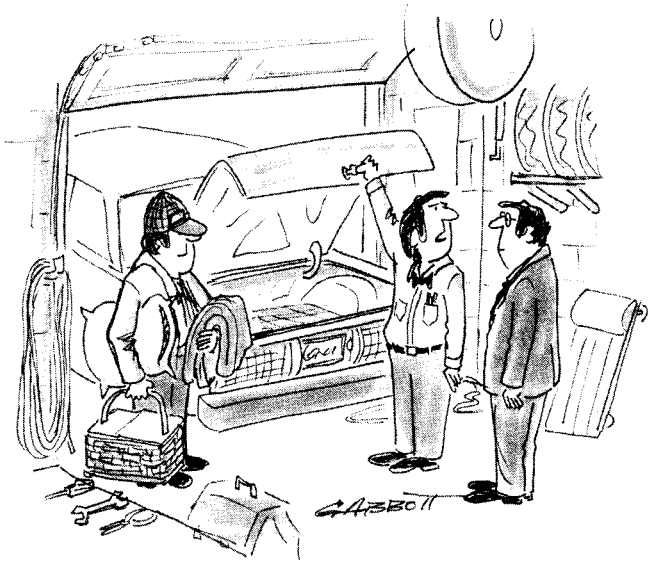
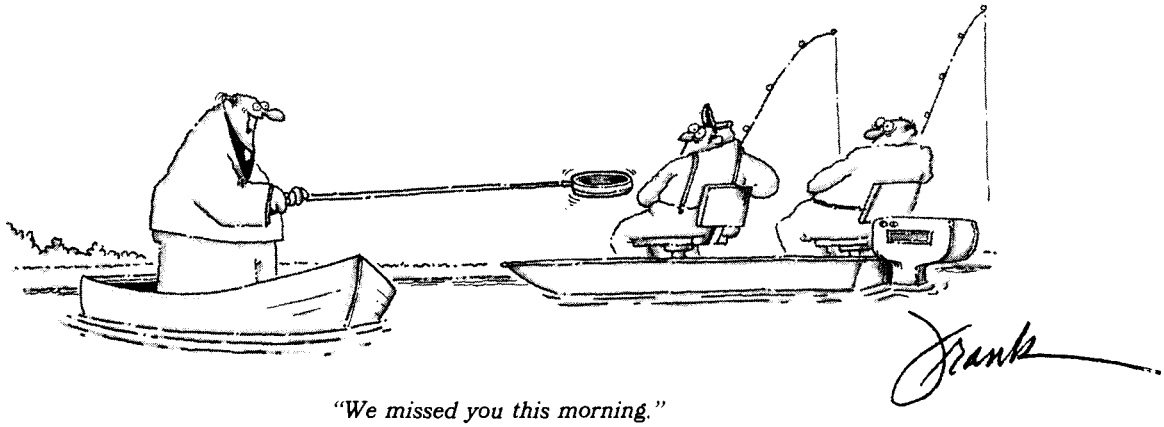


"You'll never guess how much money I made on the garage sale today!"



"I've told Ed to find your squeak—just let him ride around in your trunk for a few days."

"That's the last one I have in that size."



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At nightfall, Larni eats her bowl of rice and sleeps on a floor mat. She lives in a wooden shack, built on stilts, over a disease-infested swamp.

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Sponsorship Application

☐ Yes. I wish to sponsor a child. Enclosed is my first payment of $12. Please assign me a ☐ Boy ☐ Girl

Country preference: ☐ India ☐ The Philippines ☐ Thailand ☐ Chile ☐ Honduras ☐ Dominican Republic ☐ Colombia ☐ Guatemala ☐ Holy Land Crippled Child

☐ **OR, choose a child that needs my help from your EMERGENCY LIST.**

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

☐ Please send me more information about sponsoring a child.

☐ I can't sponsor a child now, but wish to make a contribution of $_____.

Please forward your tax-deductible check, made payable to:

Children International

Joseph Gripkey, President
2000 East Red Bridge Road • Box 419055
Kansas City, Missouri 64141

The world-wide sponsorship program of Holy Land Christian Mission, a non-profit agency serving children since 1936. Financial report readily available upon request.

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Having a Ball

continued from page 39

Champions), was held at the Galt House Hotel in Louisville, Kentucky. In July, the championship ballroom dancers Pierre Dulaine and Yvonne Marceau brought their American Ballroom Theatre to France to open the internationally famous summer art festival in Aix-en-Provence. Even New York's Metropolitan Museum of Art got into the act with a magnificent exhibition of dance costumes entitled *Dance*.

Perhaps more than anything else, it is the music that inspires people to get up and dance. That's why KDYL—a nostalgia radio station aimed at the 35- to 55-year-old market—has been able to sponsor a series of wonderfully successful ballroom dances in Salt Lake City. "Since Alvino Rey and his wife, Louise King [one of the King Sisters who sang with Rey's band for many years], both live in Salt Lake, we put together the best band we could assemble and produced our dances with dinner and the whole works!" explains KDYL's Chris Hanson. "Anytime you're playing old, pre-1960 sounds, you're really talking to people who grew up thirsty for dance music. On the air, we feature big-band music and traditional vocal sounds like Gershwin, Kern, and Cole Porter—that whole style of American popular music from 1900 to 1950, which is currently undergoing a major renaissance."

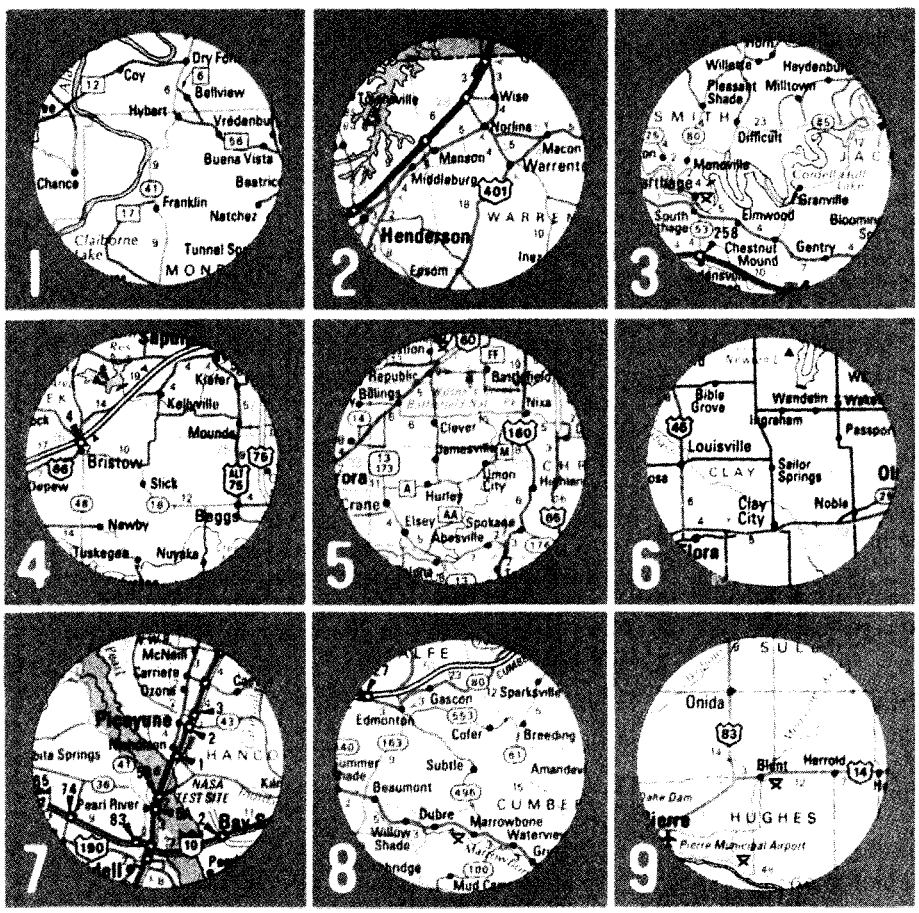
For young professionals who like to feel respectable, such social events as KDYL's dances are a godsend. Unlike the solitude they experienced while shaking their booties through the rock era, the tango, fox trot, and merengue require them to relate to their partners in a positive manner. Some are trying to emulate the ways in which their parents once socialized; others have begun to look upon ballroom dancing as a competitive sport. But one thing is sure: whenever a slow dance ends in a tender look and a dip, the couples achieve a feeling of satisfaction, style, and worldly sophistication that continues to elude the new-wave rockers in their crowd.

"The family unit is very tight in Houston, and although people don't have coming-out parties any more, parents have started training their children at an early age to be socially acceptable. One of the best ways is to get them involved in dance, which is good exercise, gives them a sense of poise, and helps them to relax in front of other people," claims Mark Baxter of the Dance City U.S.A. studio. "When a young woman's hair is in place and a young man's tuxedo fits well, it gives them a higher sense of self-esteem—which is very difficult to impart to youngsters these days."

What these young professionals have recently seen on stage has only whetted their appetites for more. American Ballroom Theatre's presentation was designed to translate the basic techniques of modern ballroom, Latin American, and fun dancing styles into theatrical terms. Choreographed by John Roudis (a professional dancer who served as Rudolph Valentino's stand-in while the famous matinée idol was filming *The Sheik*) an 80-minute program entitled *Sheik Romance* made its New York debut in 1984 and has since toured the country to great acclaim. In fact, after most performances, the people in the audience leap at the company's invitation to come onstage and join its performers in a waltz.

In 1985, *Tango Argentino* took New York by storm. As a result of *Tango Argentino*'s popularity, dance studios are receiving constant requests for tango lessons. San Francisco's Hyatt Regency recently added the tango to its Friday night tea dances.

Why is everyone suddenly dressing up and rushing out onto the dance floor? "When societal pressures are high, people seek out pleasure and



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: Look closely—you may see yourself!) If you or a friend finds the game too easy (but you won't), use the hint to discover the theme of this month's map game.

(Answers on page 98)

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diversion. Ballroom dancing is the epitome of the perfect social contact. It is very intimate, very acceptable, nonverbal, and has *always* been one of the primary social mechanisms," Kern says. "It's all very new, exciting, and exotic to these people—and they're having themselves a ball!"

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Your Money

continued from page 34

A. Yes, you can easily invest this amount monthly in a mutual fund. Had you started with $250 and added $100 per month each month for the ten-year period from January 1, 1977, to December 31, 1986, in the "Seminar Fund" (not its real name, but it is a real fund), your account would have had a value on December 31, 1986, of $31,013. (One of the growth funds managed by the same team of professionals would be worth $37,243.) As you can see, Time + Money + American Industry does give you the opportunity to work toward financial independence. In this example, you would have invested only $12,250 plus your dividends and realized gains, and American industry would have contributed $18,763. If you give your money an opportunity to work for you, often you will find it can work for you as hard as you had to work for it.

If you have a money question you would like to have answered, write Venita VanCaspel at Raymond James & Associates, 1300 Post Oak Blvd., 22nd Floor, Houston, Texas 77056.

Safe for Pets

continued from page 22

human drugs die. Make sure your medication is out of reach of children and pets.

Poisonous plants cause problems for cats more often than for dogs. Daffodil, oleander, poinsettia, dumb cane, mistletoe, and philodendron are house plants that can be toxic to pets if ingested.

Many insecticides and rodenticides are dangerous for pets. Cats are often indirectly poisoned when ingesting poisoned insects or rodents. The good news is that many extremely toxic agents have been removed from the market and are being replaced by new

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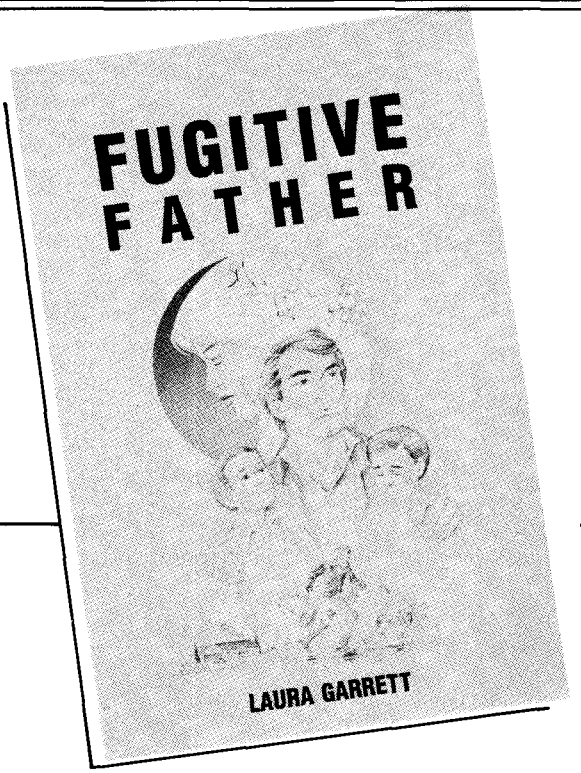

Was Justice blind?
Were the Courts crooked and unjust?
Was the best interest of the minor children being ignored?
Were the attorneys deliberately prolonging the custody case?
Was the "System" simply money hungry and uncaring?
Did this man love his sons so much that he felt Parental Abduction was the only way to protect them from further physical and mental abuse?

COURT ORDERS COULD NOT STOP THIS MAN FROM LOVING AND BEING WITH HIS CHILDREN.

"A must-read for those capable of loving."
A. LANE
"Destined to be a best-seller in 1988."
J. FELTER

FICTION BASED ON A TRUE STORY

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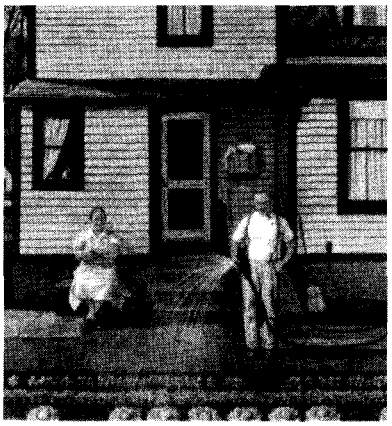
less dangerous compounds or are being sold only to trained professionals.

Your emergency telephone list should include the numbers of your veterinarian and the nearest poison-control center. In an emergency, be able to tell your veterinarian the name and ingredients of the suspected poison, when the accident happened, how much of the substance was ingested, clinical signs or unusual behavior of your pet, and any antidotes, if listed, from the container of the substance.

Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8″ x 10″ photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by Nov. 20, 1987.



Our congratulations and a check for $100 go to Betty Rumphorst, Hawthorne, California, for the winning entry in our April 1987 caption contest.

Lazing on Saturday mornings was hard
For the henpecked, unfortunate Jonathan Lord,
'Cause wife Martha protested
And said that she guessed that
Couch potatoes belonged in the yard.

Hidden Catches

A common trauma seen by veterinarians in winter involves a cat that curls up under the hood of a car to enjoy the warmth of the engine; when the unsuspecting driver starts the car, the cat is caught in the fan belt. Open clothes dryers and dishwashers are also temptations to animals in winter that can have disastrous consequences.

Countless pets have walked into, run through, and flown against glass doors and windows. Safety glass, decals, and restriction of pets when they're in new environments might help.

Pet owners must also keep in mind the potential hazards of fans, fish hooks, sharp objects sticking up out of the ground, and automatic garage doors.

Suffocation and Starvation

Small pets are able to crawl into tight spaces, and sometimes they get trapped. Such was the case of Bonzo, a small calico kitten who was found after being trapped for three days in a hideaway bed on a back porch. Luckily, Bonzo survived. Other animals have been trapped in attics or basements and not found until it's too late. Plastic bags can also be a hazard to small pets, as they can be to small children.

It seems that many pet owners just don't think about such potential accidents for their pets as burning their paws on uncovered coals or swallowing medication or other small objects. An extra measure of caution for your pet's safety, however, will not only save you expense and guilt but also enhance the relationship of trust between you and your pet.

Questions for the Vet

Dear Dr. Whiteley,

I have two cats under three years of age—one male and one female (unrelated), both neutered. The female has a watery discharge, often tinged with blood, with a disagreeable odor. This has been going on for some time. I have taken her to two vets. The first has given her steroids, hormones shots, etc., none of which has helped. The second vet said the problem could have been caused when she was spayed. She was checked for diabetes which was negative. He also said she should not have been given so many steroids. At this point I am desperat

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as I don't know which doctor to rely upon. One suggested "putting her down," but she is so lovable and trusting, I hate to have it done.

My other problem is with *both* cats. They have a skin problem that nothing seems to help. The doctor said it was an allergy to fleas. I comb them every day but seldom find a flea, so they certainly aren't infested.

The female has had two lab tests for leukemia, both negative.

I have changed their diet recently, almost eliminating fish, after reading an article by a vet about pansteatitis. I am feeding the cats a science diet, moist food, and 9 Lives canned food.

Mrs. W. H. Wood
Sebring, Florida

Dear Mrs. Wood,

Persistent infections may indicate illnesses such as diabetes and feline leukemia, so I am pleased that testing was negative for these two diseases. A persistent discharge from the vulva usually indicates an infection of the vagina; the uterus and ovaries were removed by spaying. I recommend a bacterial culture and sensitivity. Your veterinarian will collect a small amount of the discharge on a sterile swab and submit it to a laboratory. The laboratory will grow any bacteria contained on the swab in a dish filled with nutrients and determine which antibiotics will kill the bacteria. If a disease-causing bacteria is cultured, the cat should be treated with the recommended antibiotics.

For flea-allergic animals, total elimination of fleas is needed to give relief to the animal. This may mean hiring a professional exterminator to treat the house and yard with a preparation that kills adult and immature fleas, followed by another treatment in two weeks. You might be able to get by with quarterly treatments after the second treatment. If the flea problem is severe, you may have to have the cats dipped every two weeks; if you do it yourself, make sure it is a product labeled for use with cats. A pyrethrin pump spray or powder can be used on cats between dips. I would pick one good diet such as the Science Diet and stick with it.

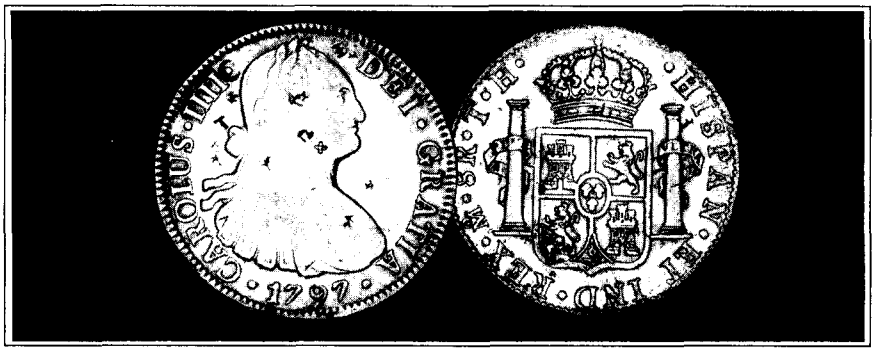
Good luck!

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

Own America's First Silver Dollar

Original 200 year old coins — real legal tender of our 13 colonies!



These historic silver dollars (1772-1821) were our 13 colonies' most popular.

Nov., 1987 MONTPELIER, VT. International Coins & Currency, Inc. a national distributor of numismatic coins, is offering for sale a limited number of original coins up to 200 years old — among the first large silver dollars minted in the Americas. These magnificent silver coins once circulated in our original 13 colonies. Because of their high silver content and popularity, Thomas Jefferson recommended that they become official legal tender of the United States.

Minted from 1772-1821, these silver dollars were the most popular coins of our 13 colonies and were used as legal tender in the USA up until 1857. As collectors turn to American coin classics, these scarce silver dollars are increasingly sought-after.

Struck at the Americas' oldest mint in Mexico City and denominated 8 Reales, these silver dollars were the forerunners of the first U.S. silver dollar minted in 1794 — and served as the most favored trade coin in the world. Yet huge silver melts and the fact that relatively few were saved from destruction make these coins "sleeping" classics. Each silver dollar is a big 39.5 mm in diameter, contains 27.07 grams of .903 pure silver, and each comes with a Certificate of Authenticity attesting to its fine quality and genuine status.

Because the supply was originally discovered in the Far East, genuine "Chinese merchant markings" are often visible and serve to authenticate the coins.

Because of the age and historical significance of these coins, you might expect to pay up to several hundred dollars for one. But while supplies last, they are available on a first-come, first-served basis to collectors at: (*#7144A*)

1 coin $75; 2 coins $150;
3 coins $215 (save $10);
5 coins $345 (save $30);
10 coins $675 (save $75).

There is a limit of 10 coins per customer. Your 100% satisfaction is guaranteed — you may return your order for a prompt no-questions-asked refund within 15 days (less postage and handling of course). **To order your coins by credit card, call toll free at 1-800-451-4463, 24 hours a day, 7 days a week (including Sundays).** If you prefer, send check or money order in full amount to: International Coins & Currency, Inc., 11 E. State St., P.O. Box 218, Dept. 331, Montpelier, Vermont 05602. Add $3.75 for 1 coin or $5.00 for more than 1 coin to cover postage and handling. Special presentation cases for individual coins are also available at $2.50 each. ICC's Numismatic Director is Life Member No. 3798 of the American Numismatic Association.

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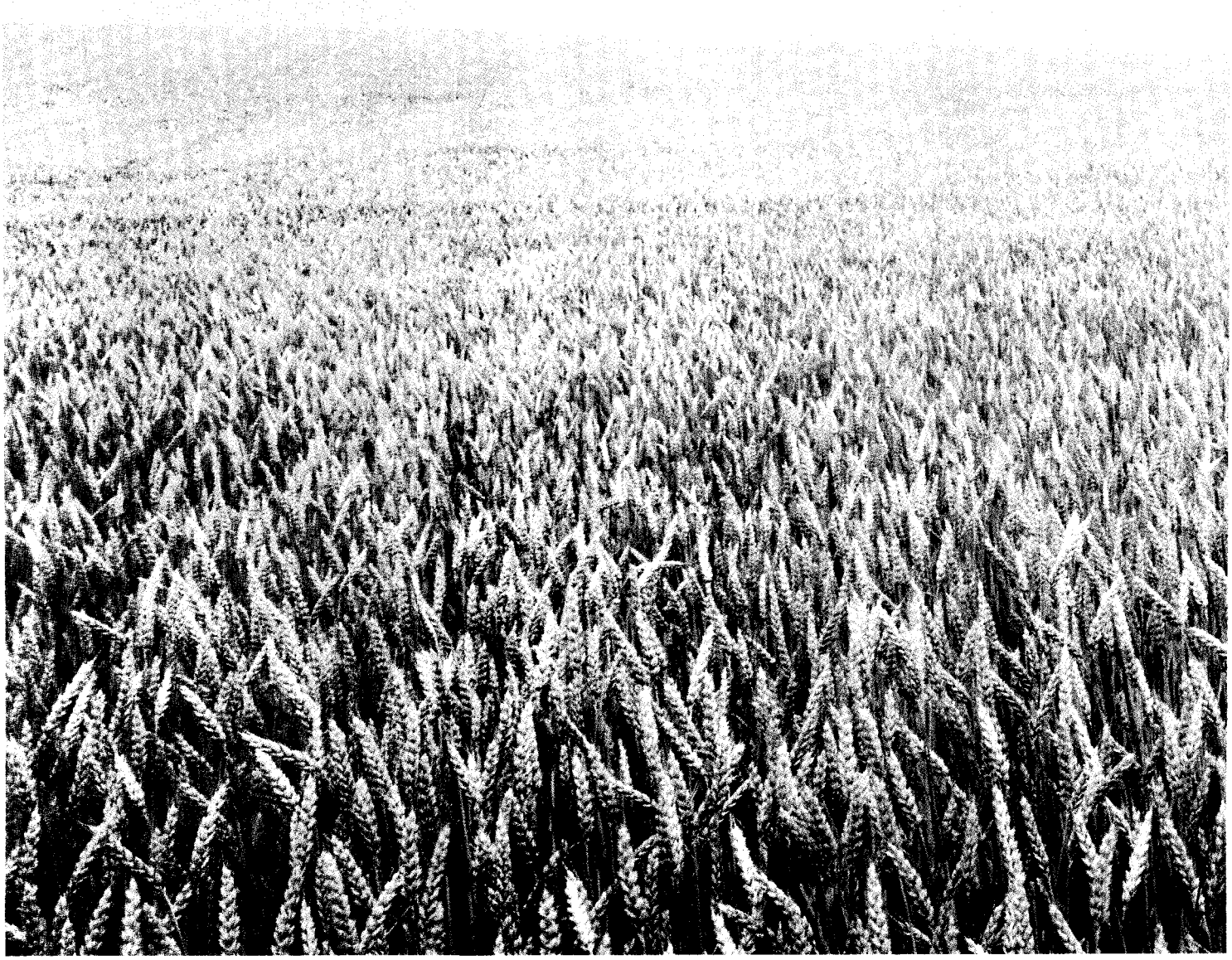

One of ten healthy reasons to contribute to health research.

Help us help others and help yourself to Ten Grain Cereal.

There's more than a grain of evidence that diet and cancer are related, according to the American Cancer Society. So *your* Society could think of no more appropriate way to say "thank you" for your medical-research contribution than a 13¼-ounce bag of Ten Grain Cereal, an all-natural defense against cancer.

This great-tasting, maximum fiber, low-sodium cereal has plenty more going for it than being a hearty breakfast dish. As an ingredient in excitingly different microwave recipes (samples printed on the bag), it adds delicious flavor besides the qualities of fiber that are as healthful as all outdoors.

We are talking here of help for such disparate diseases as these: in the gut—appendicitis, polyps of the large bowel, cancer of the bowel, irritable colon, hiatal hernia, gallbladder problems; outside the gut—diabetes, atherosclerosis and coronary artery disease, obesity, hemorrhoids, varicose veins, thrombophlebitis, and dental disease. And we are talking of fiber derived from premium-quality, stone-ground, hand-selected grains that include cracked and rolled wheat, rye, corn, oats, flax, soy, sesame seeds, triticale, and buckwheat, ground only on old French burstones to preserve freshness and nutritional integrity.

If a nutritional breakfast was the only concern of your Saturday Evening Post Society, we'd most certainly have the problem whipped. Alas, the afflictions that mortal man are heir to run the dadgummed gamut. Your Society (with your help) no more than took up arms against kidney stones and colon cancer than emphysema and herpes commanded our attention. We no more than launched the innovative Mammobile (again with your help) and drove across the country to give free mammograms to underprivileged women than we sent the AIDS MOBILE into the thick of the battle against this 20th century scourge and offered free blood tests to selected groups

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who need to know if they are carrying the AIDS virus.

Have you heard the expression "Go with the grain"? It means the easy way to go. And when it comes to good health, you'll find no easier route than these 10 grains packed into one delicious cereal. As for the easy way to make a contribution and start these grains on their way to your breakfast table or microwave oven, simply mail in the coupon below and enclose your check.

Who knows whose loved ones might receive the benefit? They might even be your own.

The Saturday Evening Post Society

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Yes, I want to contribute to health research. Please send me my free 13¼-ounce bag of Ten Grain Cereal.

My donation: $5 _____ $10 _____ $15 _____ Other _____

☐ Check or money order enclosed Charge to: ☐ VISA ☐ MasterCard

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MEDICAL MAILBOX

by Cory SerVaas M.D.

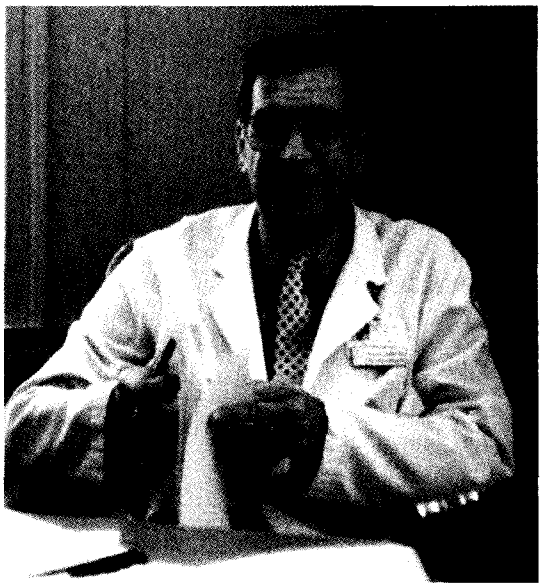
A disease also is farther on the road to being cured when it breaks forth from concealment and manifests its power. —*Seneca*

Husbands for Safe Blood

The rules are rapidly changing in the handling of transfusions in the OB/GYN departments. If you have family members who are contemplating elective surgery or a delivery, you would be interested in the teachings of Dr. William J. Ledger, a prominent leader in OB/GYN and the chairman of that department at the New York Hospital-Cornell Medical Center. He said:

"Autologous [self-donated] blood transfusions can be offered as a safe alternative in obstetrical patients. This has been accomplished without incident at the New York Hospital-Cornell Medical Center.

"A potentially controversial additional recommendation is donation of blood by spouses of these women if they have a compatible blood group and type. There are many arguments against this (e.g., these donors are not safer, it unnecessarily increases the work load, there is no real advantage to the patient). These arguments have a familiar ring and are similar to initial discussions about fathers being present in the labor and delivery room. The arguments against this were that the presence of the fathers had no benefit and that it complicated the delivery of medical care. The actual experience in obstetrics has been the opposite. It has been beneficial to everyone, and today's fathers are an integral part of the labor and birthing process. If a responsible couple have compatible blood groups and Rh types, the husbands should be able to donate blood for wives who need gynecologic or obstetrical surgical care."



Dr. William J. Ledger has successfully led the way to guarantee that C-section blood transfusions won't give AIDS or hepatitis. The patient's or husband's blood can be used as an alternative, he says.

Dr. Ledger points out, "The arguments for screening all pregnant women are rapidly becoming stronger as the number of HIV-positive individuals in the community increases."

In infected pregnant women, the virus can pass through the placenta, with the development of AIDS in the newborns before the mother becomes symptomatic, according to Dr. Ledger. "There have been instances in which women have delivered consecutive infants who have developed AIDS," he said.

Stress Incontinence

Unfortunately, many people who suffer from incontinence do not tell their doctors because of embarrassment or the mistaken impression that it cannot be treated.

Common causes of stress incontinence are obesity, age, and having multiple pregnancies. Relaxation of the pelvic muscles that support the bladder, urethra, uterus, and vagina is reported to be more common in avid women joggers. The relaxed muscles may cause a woman with this condition to lose urine when she coughs, sneezes, or lifts a heavy object.

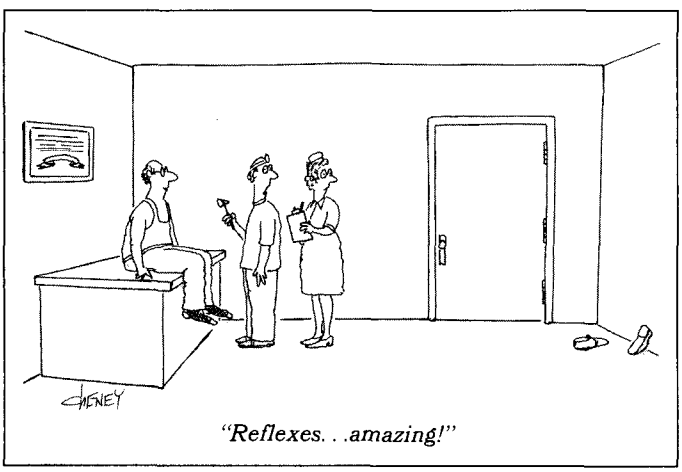
The muscles of the pelvis are similar to those located in the arm. They can become weak with lack of use, but prolonged exercise will strengthen them. Pelvic muscle exercises performed every half hour without fail over time will, in many cases, cure the symptoms of mild incontinence.

Gynecologists suggest the following exercises:

1) Relax your chest and abdomen. Do not hold your breath, move your hips, or tighten your thighs. The tightening must be inside the pelvis.

2) Pull up high inside as if you are shutting off a bowel movement; relax for three seconds. Now pull up inside as if shutting off urine flow. Relax for another three seconds and try to pull up high in the vagina. Try to hold each contraction for at least three full seconds. Contractions should get stronger with practice.

3) Do the pelvic muscle contraction ten times every half hour. It can be done sitting, standing, or lying down. Do



"Reflexes. . .amazing!"

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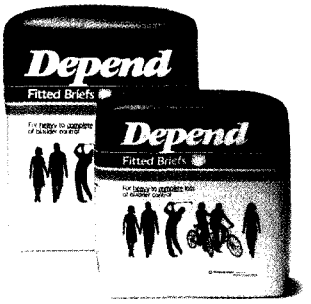
"Finally, protection Mom and I can both live with."

June Allyson

When my mother suffered a stroke, I learned firsthand how hard a caregiver's role is. Maybe the hardest thing of all is coping with the leakage accidents that so often occur. But with new Depend fitted briefs, we don't have to worry about accidents. At last, there's a brief with protection we can live with.

Only Depend fitted briefs have elastic at the waist and legs for a snug, comfortable fit. A better fit means better leakage protection. And that makes life a lot easier for both of us.

If someone you love has a heavy bladder control problem, try new Depend fitted briefs in regular or large size. For less severe problems, try Depend undergarments and shields. Call 1-800-2-DEPEND for a free sample.



New DEPEND® Fitted Briefs.

Because a better fit means better protection.

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not try to do more than ten at a time.

The exercise regimen must be strictly followed. Some women note improvement in four to six weeks. Others take a few months before strength is restored to the muscles. After improvement begins, continued exercise will produce rapid improvement.

Although the exercises help some, others have reported failure. For skilled surgeons, repair of stress incontinence can be very successful. Surgery may also be helpful when there is total sphincteral incompetence from prostate surgery or neurologic injury.

Jameson Books has published a book entitled *Managing Incontinence,* edited by Cheryle Gartley, which would be invaluable for anyone with an incontinence problem. Write to the Society if you can't find a copy.

Tag Lines

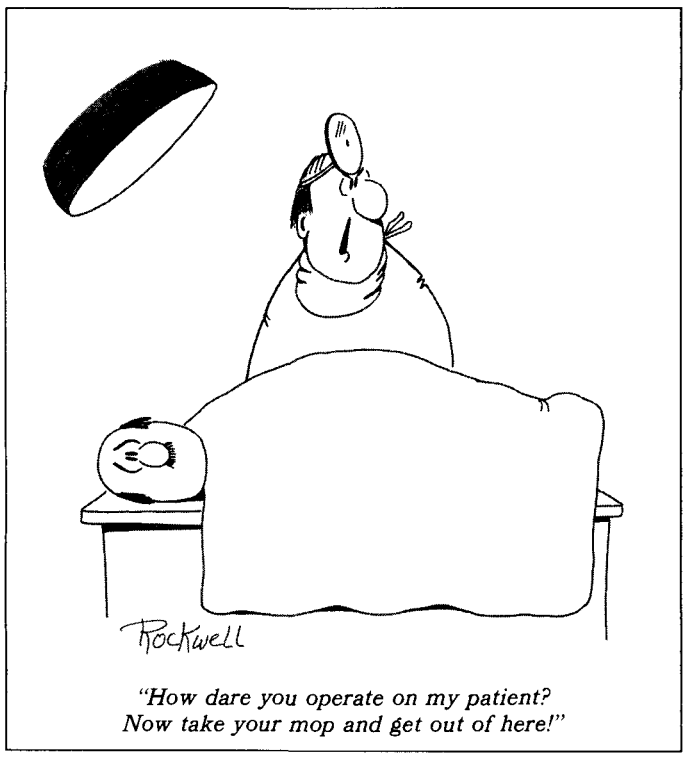
Dear Dr. SerVaas:

Last year sometime you wrote an article on skin tags and the possible connection between them and bowel cancer. Telling my physician about your article and showing her my tags on the neck (I'm 64), and mentioning that my mother had died of cancer of the bowel, she said that while she didn't believe there was a connection, maybe referring me to a bowel specialist would be wise.

Dr. Zara removed a large number of polyps from my colon in December and recommended that the procedure be repeated in three years for safety, which I will do for sure.

Noticing the article in the July/August '87 "Medical Mailbox" brought to mind the fact that I had never thought to write and thank you for this warning about skin tags. Recently I find even more tags are starting to appear on my neck, and the underarm one is growing larger.

I truly thank you for again stressing the importance of following up on these pesky growths and getting bowel checks. Your pictures in this last edition were so good.



"How dare you operate on my patient? Now take your mop and get out of here!"

I also want to tell you my sister-in-law in Oklahoma had to have a colostomy four years ago and is doing well so far. Seeing her last month for the first time in years, I was surprised to see her neck was just full of tags. Had she known years ago about these and had bowel checks routinely, she might never have developed such extensive cancer. Who knows!

Keep up your good work. Also, recently I wrote to ask that we be notified if the unit for checking male prostate problems gets to Florida. I can't drag my husband to have a prostate check, but he liked your write-up and the new type of testing in the mobile unit. He trusts you because you helped me so much. I am sure he would go. We camp and can go anywhere in the state any time.

God bless you in your fine work. You will never know how many lives your articles are saving, nor how many you are helping.

Evelyn Glass
Port Richey, Florida

Mammography Update

Dr. Myron Moskowitz, our mammography mentor from the University of Cincinnati, was right as we felt sure he would be. A five-year study co-sponsored by the American Cancer Society and the National Cancer Institute indicated that mammography screening for breast cancer pays off with higher survival rates in younger as well as older women. The American Cancer Society's guidelines include mammography every one to two years for women ages 40 to 49. Dr. Moskowitz believes we could save many lives if we could mammogram all women in the 40-to-50 age group yearly.

Tragic Blood Stories

Dear Dr. SerVaas:

I read with interest a newspaper article of September 11 1987, regarding a charge that the nation's blood banks are being dishonest when they claim they are adequately screening donated blood to prevent the spread of the AIDS virus. Since 1985, my law firm and I have been involved in representing clients who are the victims of AIDS as a result of blood transfusions. Since blood banks are protected from strict liability and can only be held responsible if found to be negligent, our task in representing these clients has indeed been a challenging one. Last summer I successfully tried the first case in this country on behalf of a AIDS victim against a blood bank (Irwin Memorial Blood Bank of San Francisco).

Last week we were asked to represent a gentleman who received a blood transfusion containing the AIDS virus in December 1986. That blood, drawn just a few weeks before the transfusion, had been tested HIV negative. Earlier this year that donor had once again donated blood which at that time tested HIV positive. In speaking to the blood bank responsible for these donations, it was clear to me that they did not believe it was at all surprising that they were collecting and selling blood from donors carrying the AIDS virus who had yet to develop antibodies.

Because this law firm is now recognized nationally in this legal specialty, we have been the recipients of countless tragic stories concerning the spread of AIDS through blood transfusions. I can attest to the fact that in the Sa

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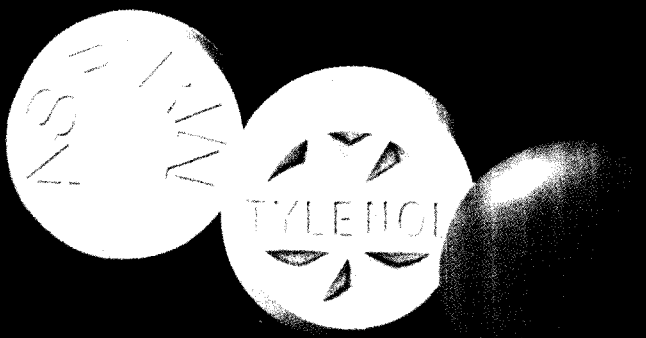
For arthritis pain, more and more doctors and pharmacists recommend Advil®



Today pharmacists are recommending Advil for minor arthritis pain more than any brand of pain reliever. And doctors trust Advil so much that they've recommended it over five million times for body aches, headaches, minor arthritis pain and other kinds of pain.

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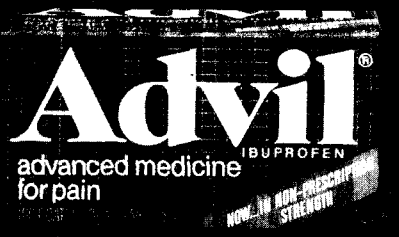
Over fifty million people have already taken Advil. Shouldn't you? Try Advil tablets or new caplets.

After all, it's the pain reliever more and more doctors and pharmacists recommend.



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Francisco Bay area, the center of the AIDS epidemic, blood banks continue to tell the public that their blood is absolutely safe while in private and even in professional publications they admit that that is far from the case.

We would be pleased to assist you in any way that we can in helping to educate the public about the continuing spread of AIDS through homologous blood transfusions.

Fred G. Meis
Law Offices of Meis and Waite
San Francisco, California

I can sympathize with the tragic victims you hear from in the course of your work. The tragic stories we receive in our office would fill a book. We welcome your offer to help us educate the public, who hope the manufacturers of AIDS screening tests will hasten to get an antigen test approved that can be used in conjunction with the antibody test. Until that time, we should go all-out to get more monogamous donors, senior citizen donors, and women donors. If only we could get enough of these, we could exclude all men in the 20-to-50 age group on the theory that these men are most sexually active and most likely to be harboring the AIDS or hepatitis virus.

AIDS Window

The AIDS epidemic has raised new awareness of the risks of blood transfusion. Because the AIDS-antibody screening test used at blood banks can only detect those AIDS-positive individuals whose antibodies are developed, a small but worrisome window remains for the AIDS virus to enter the blood supply. In addition, the risk of getting hepatitis from blood transfusions has been with us for a long time. There is no test to screen out the sometimes fatal non-A, non-B hepatitis.

The safest method of transfusion is autologous transfusion, the transfusion of one's own blood. With their doctors' permission, patients who anticipate requiring a transfusion can arrange to donate their own blood in advance. The use of autologous transfusion is not yet widespread despite the clear advantages of transfusing one's own blood. The American Association of Blood Banks recently established the National Autologous Blood Resource Center to educate medical professionals and the public about autologous blood donations and to spur the use of this safest method of transfusion.

Free brochures for patients and medical professionals about autologous blood transfusion are available through the National Autologous Blood Resource Center, Suite 600, 1117 North 19th Street, Arlington, Virginia 22209.

"When I take a deep breath, my pacemaker fast-forwards my VCR!"

Needs Aid on AIDS

Dear Dr. SerVaas:

I watched the "700 Club" and found the AIDS MOBILE very interesting.

I would like to know if you could give me some information concerning donor insemination. My husband and I are considering this procedure after many attempts of infertility procedures.

The doctor is very reputable, and they have had a donor insemination program for 18 years and have never had a problem. The donors are selected by the doctor and tested every three months. The donors considered have been used for a couple of years and have all aided in a pregnancy.

I would like to know as much about this procedure as possible before I decide. I've heard about people contracting AIDS through blood transfusions but have never heard of contracting it through donor insemination.

Could you please give me some information concerning this issue? I have contacted Centers for Disease Control in Atlanta, Georgia, but they will only give that information to doctors' offices.

Susan R. Dunfee
Phillipsburg, New Jersey

There are case histories of women bearing babies with AIDS as a result of semen from a man who had tested negative on the antibody tests before donating semen. After the disastrous result, the man was retested; this time his antibodies were up sufficiently to detect the AIDS infection.

To avoid this problem today I believe most sperm banks freeze the sperm and save it for four months or longer. Then they retest the donor of the sperm. If he tests negative again they assume he doesn't carry the AIDS virus, and they unthaw the sperm for artificial insemination.

Don't you wish we could do this with our blood supply to catch the rare cases where the antibodies aren't up at the time the blood donor gives blood?

We hope there will soon be an antigen test that will show up sooner than the antibodies do in the blood of an infected person. When both tests are used in conjunction the blood supply will be safer.

We are at the mercy of those who have the virus; they may donate not knowing that they have a recent infection

continued on following page

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that will escape right into the transfusion bag of the unlucky blood recipient.

Fortunately for you, the semen problem is much improved now that sperm banks freeze the sperm and wait to see what happens to the donor.

The technique of artificial insemination as a treatment for infertility has been known for more than 200 years, although only recently has its use encountered favor. Many factors account for this increase in popularity; among them has been the advent of techniques that allow for successful freezing and storage of sperm. The preservation of future reproductive capacity for males confronting illnesses or potential hazards affecting their reproductive organs is now possible.

Two types of artificial insemination are in use today: homologous insemination and donor insemination. The former is used when the husband or partner in an otherwise fertile couple is unable to deposit sperm into a woman's vagina.

Homologous insemination is also useful for male cancer victims who may wish to donate their semen before beginning chemotherapy or radiation therapy.

Donor insemination is indicated in cases where the female partner is fertile and the male is infertile.

Other issues to consider include ethical and psychological ones. Judging from your letter, you seem to have found a good clinic for the artificial insemination. The selection of a reputable clinic and physician is obviously the most important step in artificial insemination.

For further information you may write to: American Fertility Society, c/o Public Relations Coordinator, 2131 Magnolia Ave., Suite 201, Birmingham, AL 35256

Lumpectomy and Six Weeks

Dear Dr. SerVaas:

An error in the letter on page 100 of the September *Post* concerns me. The reference to radiation treatments lasting six *months* would certainly be a discouragement to any woman considering opting for this form of treatment. The letter I submitted mentioned six *weeks*, but it was actually only 28 treatments over a period of six weeks.

Heaven knows, there are enough barriers for a woman seeking lumpectomy with radiation instead of the mastectomy surgeons recommend. Let's not make her think she has to endure six *months* of radiation.

Eloise M. Stendal
Sedro Woolley, Washington

"The X-rays indicate you're crying on the inside."

Blood Donations by the Elderly

People over the age of 65 can donate blood as safely as those under age 65, says Dr. Johanna Pindyck of the Greater New York Blood Program.

Most blood banks often exclude people over 65 from consideration as donors. Dr. Pindyck's findings lead us to ask for blood banks to include monogamous people over age 65 in their donor pool, so as not to waste this possible resource of AIDS- and hepatitis-virus-free blood.

Hear Today, Gone Tomorrow

Dear Dr. SerVaas:

I have a question for your readers of "Medical Mailbox." I have a relative, 77 years old, who has impaired hearing in his right ear. Very suddenly without warning, sitting at the table talking to his wife, he could not hear what she said in either ear. He tried to turn the TV to its loudest point but still could only hear the sound of rushing water.

After many tests, his doctors and specialist will now fit him for a hearing aid. They say they do not know what happened. They did not say, "This does happen this way to others," but,"We do not know," and not checking it further seems to be the easy way out in a community where there are many elderly people. If your readers have information or know of a place I could contact for more information, I would appreciate this.

Inge Anderson
Bedford, New York

AIDS but No Antibodies

In a paper published in the *Annals of Internal Medicine* Dr. Kenneth Mayer reported that of 33 asymptomatic homosexual men who did not have antibodies to the AIDS virus, 2 had the virus recovered from their lymphocytes (white blood cells). Previously, 4 persons with AIDS or a high risk for AIDS virus exposure had been found to have no detectable antibodies to the AIDS virus although the virus was cultured from their lymphocytes. The author concluded that since routine viral cultures are not feasible due to financial and technical considerations, the most appropriate advice is to suggest that all members of high-risk groups modify their behavior in order to minimize viral transmissions.

Knowing this, it seems unfortunate that we must still accept blood donations from heterosexual partners of prostitutes so long as they have not had an encounter in the past six months. Shouldn't prostitute-visiting males be put into the high-risk self-deferral group? Since we know that it is possible for one to carry the AIDS virus without developing antibodies, we believe that all heterosexuals who have visited prostitutes should not be permitted to give or sell blood. We called the Red Cross, the American Association of Blood Banks, and the FDA. All told us that guidelines called for only the six-month restriction for prostitute-visiting heterosexuals.

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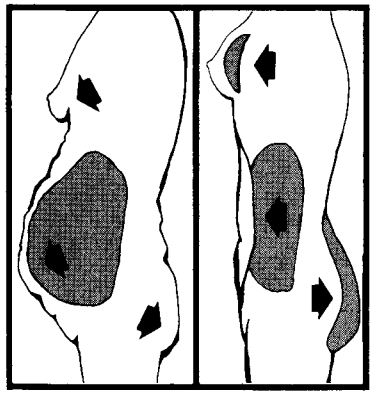

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PRIME TIME FOR PUMPKIN

This year use the perennially popular pumpkin to best advantage in soups, breads, and dressings, as well as desserts.

by Jacquelyn Nyenhuis

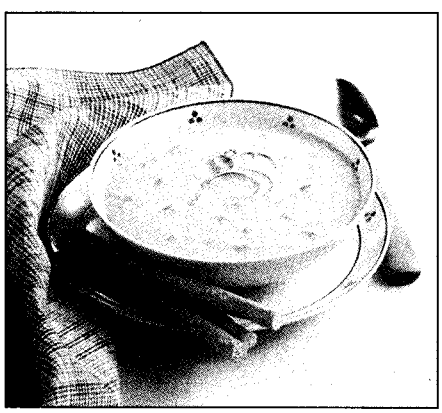
When the frost was on the pumpkin back in colonial times, Pilgrim mothers knew how to take off the autumn chill—with steaming bowls of pumpkin soup. The recipe was borrowed from the Indians, connoisseurs who really had the scoop on this plentiful fall fruit. They used pumpkins from stem to peel, even drying and grinding them for flour.

Today, pumpkins have been recognized as one of the richest natural sources of vitamin A. One cup of pure pumpkin contains 600 percent of the minimum daily vitamin A requirement. Pumpkins are also high in iron, magnesium, and vitamin C. In short, pumpkin is far more than a good dessert.

So, for a switch, why not put pumpkin back in its proper place, at the top of the menu? Hearty Pumpkin Potato and Leek Soup is good for a starter, or for a different flavor, try Bisque of Apple-Pumpkin.

Whole-Wheat Pumpkin Bread goes well with any meal, but don't eat it all—save enough to make pumpkin dressing, a delicious stuffing for game fowl, chicken, or turkey.

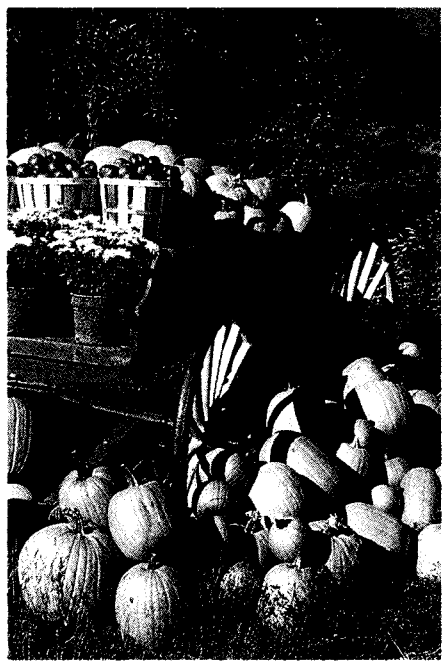
And don't pass up the desserts completely. Keep in mind that pumpkin straight from the can has only 80 calories per cup.



courtesy of Libby's

Pumpkin Potato and Leek Soup
(Makes 4-6 servings)

1 cup whole milk
1 cup skim milk



Small to medium pumpkins have the richest flavor; they can be easily cooked whole in a microwave oven.

1 can (10¾ oz.) cream of potato soup
1 cup pumpkin
½ cup chopped leeks
¼ teaspoon salt, if desired
⅛ teaspoon pepper, if desired
⅛ teaspoon ground nutmeg

In medium saucepan, gradually add whole milk and skim milk to soup. Stir in remaining ingredients. Bring to boil; stir frequently. Reduce heat; cover. Simmer 5 minutes.

Bisque of Apple-Pumpkin
(Makes 6 servings)

1 cup chicken stock
4 cups cubed fresh pumpkin
2 large tart apples, chopped
¼ cup chopped onion
⅛ teaspoon rosemary
⅓ cup margarine
⅓ cup flour
½ teaspoon salt, if desired
¼ teaspoon white pepper
3 cups milk
Apple slices

Combine chicken stock, pumpkin, apples, onion, and rosemary in 2-quart saucepan; cover. Cook over medium heat until tender. Purée in blender or food processor until smooth.

Melt margarine over low heat in 2-quart saucepan. Stir in flour, salt, and pepper. Gradually stir in milk. Cook over medium heat until mixture boils and thickens; stir occasionally. Stir in pumpkin mixture. Cook until heated through. Garnish with apple slices.

Tip: For best results use homemade stock. To remove fat from stock, refrigerate overnight; skim off fat that rises to surface.

Whole-Wheat Pumpkin Bread
(Makes 2 loaves)

2 packages active dry yeast
1½ cups water
1 cup cooked, mashed pumpkin
2 tablespoons melted margarine
2 tablespoons molasses
½ teaspoon cinnamon
¼ teaspoon nutmeg
2 teaspoons salt
7-7½ cups flour
Vegetable cooking spray

Dissolve yeast in water. Add pumpkin, margarine, molasses, cinnamon, nutmeg, and salt. Gradually stir in flour to form soft dough. Knead dough on floured surface until no longer sticky (8-10 minutes). Place dough in greased bowl, turning dough over to bring greased side up. Let rise in warm, draft-free place until dough doubles (1-1¼ hours). Punch down dough and shape into two loaves. Place each loaf in 9" x 5" loaf pan coated with cooking spray. Cover and let rise until dough double again (about 45 minutes). Bake in preheated 375° F. oven 30-35 minutes or until loaf sounds hollow when lightly tapped on bottom.

Roast Pheasant with Pumpkin Dressing
(Makes 4 servings)

3½- to 4-pound young pheasant

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Pumpkin in the Microwave

Fresh-pumpkin fans will find pumpkins easy to cook in the microwave. Choose a small one and prick the shell in several places with a sharp knife (important because cleaning up an exploded pumpkin is no fun). Microwave at High (100%) seven minutes per pound. Rearrange the pumpkin once or twice during the cooking to help distribute the heat. Allow the pumpkin to stand until cool enough to handle, and then scoop out the pulp for recipes. Cut larger pumpkins into pieces, remove the seeds, and place them in a large container covered with plastic wrap. The plastic will substitute for the pumpkin shell to keep heat in during cooking.

Frosty Pumpkin-Yogurt Pie with Bran Crust
(Makes 8 servings)

1 cup crushed bran-cereal flakes
2 tablespoons brown sugar
¼ cup melted margarine
1 cup cooked or canned pumpkin
¼ cup brown sugar
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon ginger
¼ teaspoon cloves
2 cups softened vanilla frozen yogurt

Combine bran-cereal crumbs, brown sugar, and margarine in 9" pie plate. Press mixture over sides and bottom of pie plate. Microwave at High (100%) 2-2½ minutes or until crust is set. Refrigerate crust.

Combine pumpkin, brown sugar, cinnamon, nutmeg, ginger, and cloves in large mixing bowl. Stir in yogurt until well-mixed. Spoon pumpkin mixture into prepared crust. Place in freezer several hours before serving. If pie is frozen, let stand at room temperature 15 minutes before serving.

Toasted Pumpkin Seeds
(Makes 1 cup seeds)

1 cup fresh pumpkin seeds
2 tablespoons margarine
1 teaspoon salt-free Creole Seasoning

Remove any membranes from seeds and wash; pat dry. Microwave margarine at High (100%) in 9" pie plate ½-1 minute or until melted. Stir in seeds and seasoning. Microwave at High 10-12 minutes or until lightly toasted; stir 2 or 3 times during last half of cooking.

3 tablespoons margarine
1 cup chopped celery
1 cup sliced mushrooms
½ cup chopped onion
¼ cup margarine
¼ cup chopped parsley
¼ teaspoon salt, if desired
teaspoon poultry seasoning
1 cups Whole-Wheat Pumpkin Bread crumbs (see recipe above)
cup chicken stock

Clean and wash pheasant. Rub skin with 3 tablespoons margarine; set side. Sauté celery, mushrooms, and nion in ¼ cup margarine until ender (about 5 minutes). Stir in arsley, salt, and seasoning. Place read crumbs in large bowl. Pour egetable mixture over bread crumbs nd toss lightly to coat. Pour stock ver bread mixture to moisten lightly. tuff pheasant cavity firmly. Place uffed pheasant in plastic cooking ag and place cooking bag in shallow oasting pan. Bake in preheated 350° . oven about 2 hours or 25 minutes er pound.

Microwave tip: Remaining dressing can be microwaved at High (100%) 5-6 minutes or until heated through.

Pumpkin Soufflé
(Makes 8 servings)

6 eggs, separated
⅔ cup brown sugar
1 teaspoon vanilla
½ cup flour
2 cups scalded milk
1 teaspoon cinnamon
⅛ teaspoon nutmeg
⅛ teaspoon ginger
1 cup cooked, mashed pumpkin
¼ teaspoon cream of tartar
Vegetable cooking spray
Sugar

Beat egg yolks, brown sugar, and vanilla with electric mixer until light in color and ribbons form. Mix in flour. Add hot milk in thin stream; beat constantly. Pour into saucepan and stir over medium heat until mixture boils and thickens slightly; stir constantly. Cool until lukewarm. Stir in cinnamon, nutmeg, ginger, and

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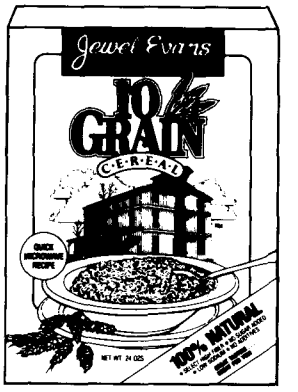

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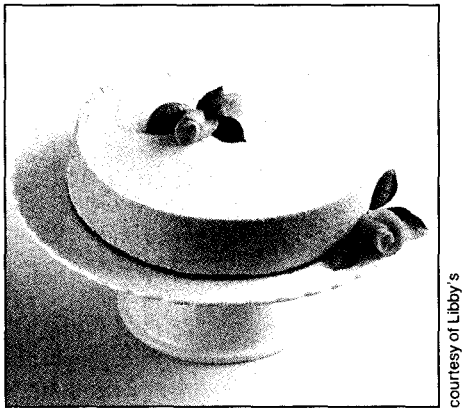
pumpkin. Beat egg whites and cream of tartar until stiff, but not dry. Fold heaping spoonful of whites into pumpkin mixture. Fold in remaining whites.

Coat 8-cup soufflé dish with cooking spray. Dust with sugar. Spoon soufflé mixture into prepared dish. Bake in preheated 425° F. oven about 20 minutes or until soufflé is puffed and browned (center will still be soft).



courtesy of Libby's

Reduced-Calorie Citrus Pumpkin Pie
(Makes 8 servings)

Vegetable cooking spray
¼ cup gingersnap cookie crumbs
1 envelope unflavored gelatin
½ cup cold water
¼ cup orange juice
1 package (8 oz.) Neufchâtel cheese, softened
1 cup pumpkin
6 packets low-calorie sweetener
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
⅛ teaspoon ground cloves
2 envelopes (1.4 oz. each) whipped topping mix
1 cup cold milk
1 teaspoon vanilla extract

Coat 8" springform pan with cooking spray. Sprinkle with crumbs. Soften gelatin in water; stir over low heat until dissolved. Add orange juice. Gradually add mixture to Neufchâtel cheese; mix until well-blended. Add pumpkin, sweetener, and spices; mix well. Prepare topping mix according to package directions, using 1 cup milk and 1 teaspoon vanilla. Fold into pumpkin mixture. Pour over crumbs. Chill until firm.

Peanut Crunch Topping

Crush enough peanut brittle to make 1 cup; sprinkle over cooled pumpkin pie before serving.

Celebration

continued from page 19

serve, top each pear with about one tablespoon cranberry sauce.

Butternut Squash with Toasted Hazelnuts
(Makes 8 servings)

4 tablespoons unsalted margarine, cut into pieces
2 tablespoons salt-free steak sauce
1 tablespoon salt-free herb-and-spice blend
1 butternut squash (about 2½ pounds), peeled, seeded, and cut into 1" pieces
½ cup toasted hazelnuts, coarsely chopped (see note)

Preheat oven to 425° F. Put margarine, steak sauce, and herb-and-spice blend into 1½- to 2-quart baking dish. Bake 5 minutes, until margarine is melted. Add squash, tossing to coat. Bake until squash is tender, about 30 minutes, turning squash after 15 minutes. Sprinkle with hazelnuts and serve.

Note: To toast hazelnuts, put into preheated 375° F. oven or toaster-oven about 10 minutes or until skins begin to split. Put nuts into clean dishtowel and gently rub to remove loose skins.

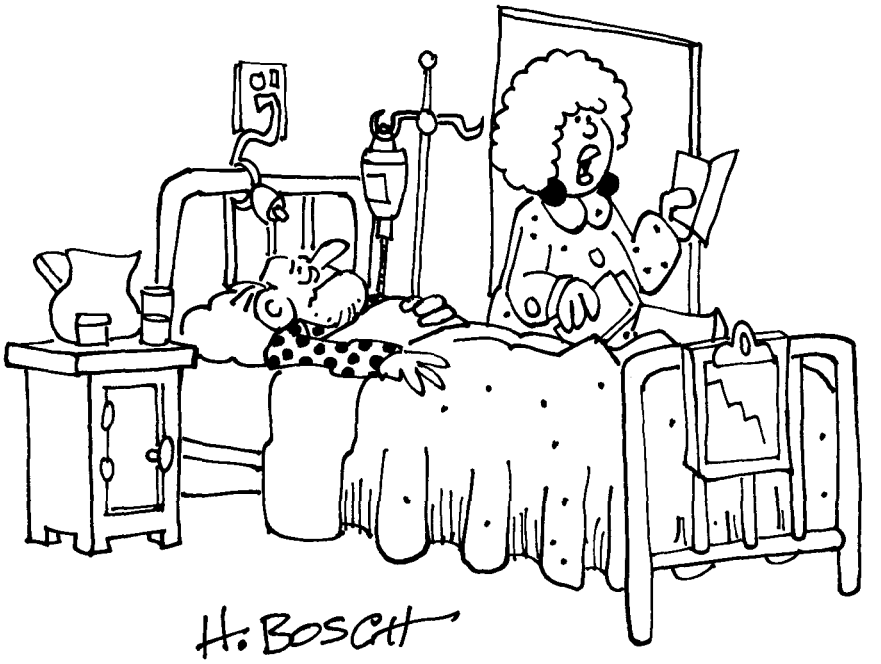
Brussels Sprouts with Vinegar
(Makes 8 servings)

3 packages (10 oz. each) fresh Brussels sprouts, ends trimmed or *3 packages (10 oz. each) frozen Brussels sprouts*
¼ cup chopped fresh parsley
2 tablespoons unsalted margarine, cut into small bits
1 tablespoon apple-cider vinegar
1 teaspoon salt-free herb-and-spice blend

In large saucepan over high heat, cook fresh Brussels sprouts in ½" of boiling water until tender, about 10 minutes; drain. (If using frozen Brussels sprouts, cook according to package directions.) Toss with parsley, margarine, vinegar, and herb-and-spice blend.

Sole and Spinach Pinwheels
(Makes 8 servings)

2 tablespoons vegetable oil
1 cup finely chopped mushrooms
½ cup thinly sliced scallions
1¾ teaspoons salt-free herb-and-spice blend
1 package (10 oz.) frozen chopped spinach, thawed and excess liquid squeezed out
¼ cup low-fat yogurt or sour cream
3-6 drops hot red-pepper sauce



"Here's a nice 'Get well or find another job' card from your boss."

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4 sole fillets (about 5 oz. each), cut in half lengthwise
8 ¼" thick strips green leek, blanched in boiling water for 10 seconds and refreshed under cold water
Lemon Butter Sauce (recipe follows)

In medium skillet over medium heat, heat oil. Sauté mushrooms, scallions, and 1 teaspoon herb-and-spice blend until mushrooms give up their liquid (about 4 minutes). Add spinach and cook until any remaining spinach liquid evaporates, about 3 minutes. Remove from heat and stir in yogurt and hot red-pepper sauce. Place sole fillets skinned side down on counter. Sprinkle with remaining ¾ teaspoon herb-and-spice blend. Divide spinach stuffing among fillets, spreading evenly. Roll fish up, beginning with narrower end. Tie leek strip around each sole pinwheel to secure. In large skillet or wok over medium-high heat, bring ½" of water to boil. Set fish on wire rack and set inside skillet, making sure fish is above water. Cover and cook until fish is cooked through (about 12 minutes). Serve surrounded by Lemon Butter Sauce.

Lemon Butter Sauce
(Makes about 1½ cups)

1½ cups unsalted chicken broth
1½ tablespoons cornstarch
1 tablespoon fresh lemon juice
1½ teaspoons salt-free herb-and-spice blend
3 egg yolks, beaten
3 tablespoons unsalted margarine, cut into small bits

In medium saucepan over medium high heat, bring broth, cornstarch, lemon juice, and herb-and-spice blend to boil, whisking constantly. Remove from heat. Gradually whisk ½ cup broth mixture into beaten yolks. Whisk back into saucepan. Whisk in margarine. Keep warm.

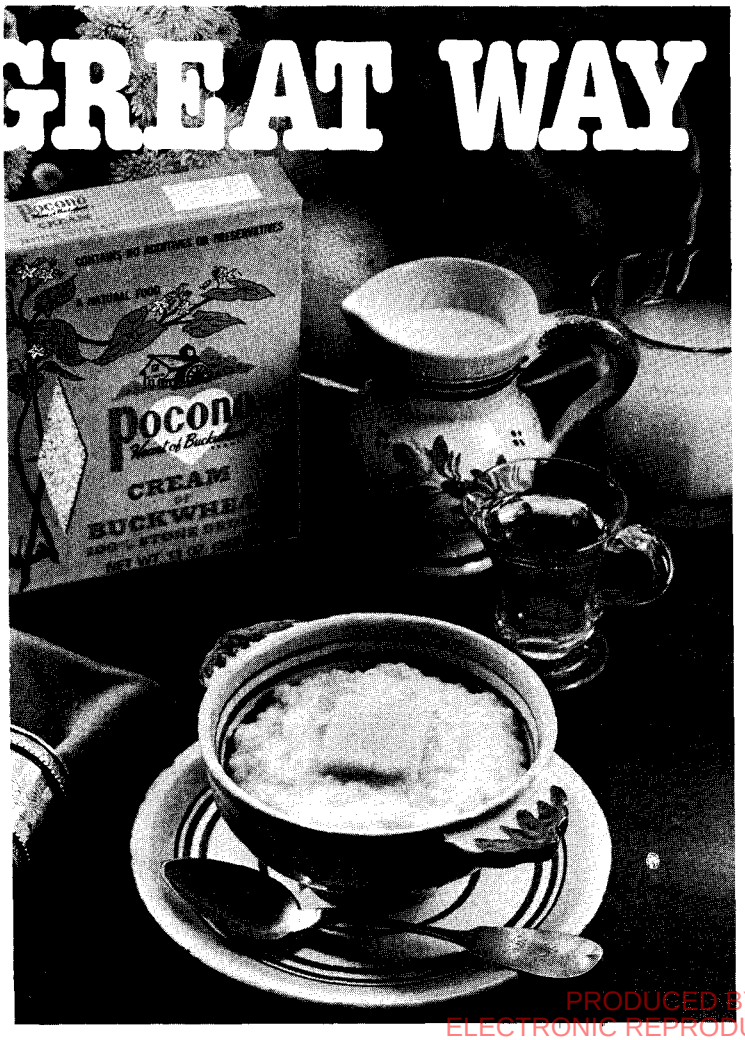
Football Feuds

continued from page 26

of divisions II and III, passion springs eternal each fall for Wabash and DePauw, Middlebury and Norwich, and North Dakota and North Dakota State, among others. The two North Dakota teams battle annually for the 75-pound "Nickel Trophy," an exact replica of the old U.S. buffalo coin. This prize has been the object of intercampus raids since its beginnings in 1894.

Sometimes three teams are rivals, as in the century-old "Little Three" battles between Wesleyan, Williams, and Amherst. Amherst and Williams will play their 102nd game this November. Since college football's first official contest in 1869, only five other rivalries have reached the century mark—Lehigh-Lafayette, with 123; Princeton-Yale, 110; Harvard-Yale, 103; Bowdoin-Colby, 101; and Albion-Kalamazoo, 101.

Age seemingly does little to mellow the spirit of competition, be the colleges large or small. The Middlebury-Norwich conflict in Vermont, for example, goes back to 1893. Traditionally, Norwich charters a train and brings along its entire cadet corps for the Middlebury game. Marching from the railroad station through the main streets of Middlebury to the playing field has been known to get out of hand: one year the overzealous cadets tore down every goal post in



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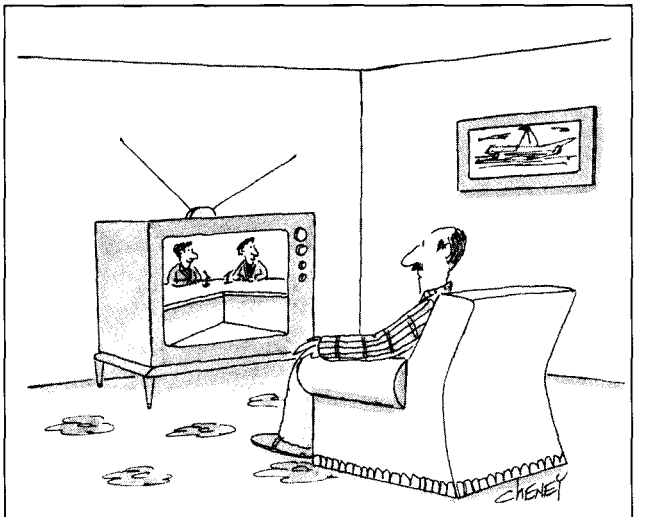
sight, on the main field as well as on adjacent fields. The Middlebury athletic director responded by sending Norwich a bill.

Destruction of enemy property has never come up to the high standards of kidnapping, however, be it the Navy goat, the Army mule, or something as defenseless as the Old Oaken Bucket.

The Bucket has its defenders, nonetheless, as an interloper from Purdue discovered one year when he attempted to liberate it from the Indiana University administration building. "Stop!" rang out in the hushed corridor. A coed came flying out of an office, tackled the would-be thief in mid-stride, and promptly bit him—in the stomach.

The Navy goat, the Army mule, the Old Oaken Bucket—kid stuff. But who would try to relieve the Coast Guard Academy of its mascot, a live bear, before the "Little Army-Navy Game" with Norwich? Norwich students, of course. And these brave lads actually pulled it off—until they were about ten miles out of town, at which point their cargo went berserk. And at which point the students went directly back to town and put the bear back where they had found it.

Oh, well, as they say in rivalries, you win some and you lose some. ✖



"And now, from our news room in Washington, here's Greg Barton and George Miller with a completely revised version of what the President just said."

No Dogs Allowed

continued from page 45

fingers crossed."

"It's going to be hard on Joe, George. He and Shep—we never should have let him keep Shep."

It was a long moment before pop spoke again. When he did, his voice was extra firm. "I made an agreement with him," he said. "There will be no misunderstandings. And I'm going to hold him to the letter of it or my name isn't George Bartlett. So don't let that trouble you."

I'd been listening so hard I'd forgotten to watch Shep. He was eating a corner of the rug. However, by just moving a chair a little, I covered it.

We went outside again. Shep wanted to play so I threw sticks for him to fetch—he was as good a retriever, practically, as any hunting dog. But I wasn't having much fun myself. Not with what I had to think about.

Pop came out and watched Shep retrieve. I gave pop the stick and he threw it and Shep brought it back to him nice as you please. Then all three of us sat down on the steps, with Shep in the middle.

Pop patted him and Shep rattled a step board with his tail; the boards were kind of loose, on account of the wood underneath being dry rotted.

"You know," I said, "this is a pretty nice house, at that. There's a lot of good things about it. For instance——"

"This house," pop interrupted, "should be used as a jail for the most vicious criminals imaginable. It would be a suitable punishment. And now we will not mention this house again."

"Yes, sir," I said. "I was only thinking——"

"Stop thinking," pop said. "And that's an order."

Shep put his head in pop's lap, yawned, and went to sleep.

"It's a funny thing," I said. "I mean, when we thought there weren't any real farm-type collies any more and then——"

"I don't want to hear about farm-type collies or any other kind of dog, either," pop said. He stood up. This made Shep roll over and down a step. But Shep didn't mind. He didn't even wake up. Pop stood there looking at him. "Joe, there's something you mustn't forget," he said. He stopped.

"What?" I said. As if I didn't know.

"Never mind," he said. "You'd better get cleaned up. It's close to dinner time." He went inside.

So there I was, alone with Shep. I touched him gentle-like with my toe and he turned underside up with all his paws waving. *You think you've got a home,* I thought. *You think you're all fixed up for good and all. You think there isn't a thing in the world to worry about. Well, if you knew what I know——*

"Shep," I said aloud, and he opened his eyes. "Shep," I said again, and he stood up and stretched and came to me, and put his head on my knee, and looked up into my face with his whole body wagging. "We got to do something quick. You and me, Shep."

• • •

I began to make a few repairs around the house. I planed down some of the doors so they'd close real easy. I also did some work on the leak in the spare room that nobody had been able to fix, though of course I couldn't be sure I had licked until there was a rain. I glued down the linoleum around the edges of the kitchen floor, too, and maybe it wasn't an A-one job but it was something.

When I showed pop what I'd done, he didn't say anything for a minute. Then he shook his head and said, "You're wasting your time, Joe. The only thing that could fix this dump properly is an atom bomb, and I'm not about to be persuaded otherwise. Sorry."

And time was passing, fast. Like in the movies, when they riffle a calendar and the days just go *whoosh!* and in a second it's next season or next year.

That should have been a fine summer. The weather was perfect, and I had Shep, and Shep had me, and the fishing in the river was the best I'd ever had. And we did have some good times, no question about it. But it was never what it ought to have been, with this thing always hanging over us.

This particular afternoon I was feeling extra sad. It had been just a month since I'd overheard their conversation in the kitchen. Shep and

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were down by the river by ourselves. Once in a while I'd throw a stick into the water, and he'd go tearing in and fetch it. He was a good swimmer, though he hadn't had much experience.

We came to the place where the river enters a little canyon and narrows. The water really boils through there, and it geysers up and around some big sharp rocks. It's supposed to be the most dangerous spot on the whole stream. It's no place for swimming.

I did this crazy thing—I threw the stick in. Naturally, I wasn't thinking about it. My mind was on the Banner Arms and what would happen to Shep and all. I threw the stick just kind of automatically.

As soon as it was out of my hand, I realized what I'd done. Shep was streaking for the river. I yelled at him, trying to stop him. But I'd thrown the stick, and he knew he was supposed to get it, and that was that. He took off from the bank like his legs were springs. He hit the water with a big splash and started for the stick. Then the current caught him and spun him around and he was in trouble. Big bad trouble.

He tried to fight the current—there was no give-up in Shep—but he didn't have a chance. I was still yelling, and he made a little turn and tried to swim back. But that was no good, either. The current was carrying him out and down the stream, toward the rocks.

I don't want to make out I was feeling like a hero or anything. I wasn't. It was just a case where there was only one thing to do, so I had to do it. I ran down the bank maybe a hundred feet. There wasn't time to get rid of my clothes. I took a look upstream at Shep, gauged my distance, and dived in. I stayed underwater for a while, figuring it would be smoother going there than on the surface. I came up and found that the current was even stronger than I thought. I had a fight on my hands. I tried to spot Shep, but a wave broke around my head and blinded me. Then I saw him—three or four yards off and moving downstream terrible fast.

I caught him by a hind leg and pulled us together. I worked my hand up until I had an arm around his neck and my fingers laced about his collar. Then I made for shore, digging in with my free arm and kicking out with my legs.

Well, it was quite a time. You don't know how strong water can be unless you've been in a spot like that. The current took us five or six feet downstream toward the worst of the rocks for every foot we made toward the land. I was scared, I'll admit it. Scared pink. A time or two I didn't know whether we'd ever get there or not. If Shep had kicked up a fuss, we never would have, that's for sure. But he knew the score as well as I did. He was swimming with all four legs and helping out all he could.

I couldn't see much of anything. I just swam, angled against that current. My hand touched something hard and I caught hold. It was a little tree. I yanked—the tree gave some, but it didn't come loose. We were on shore.

For a while I just lay there on the bank, getting my wind back. Shep shook himself and licked my face and rolled all over me. I stood up. It was late afternoon and turning cool. "Let's go, boy," I said, and started off at a trot for home, Shep beside me.

I figured I'd sneak up to my room and change my clothes before I was seen. But it didn't work. Pop was in the living room, in a chair that gave him a perfect view of the stairs. Mother was there, too, sitting on the sofa.

I had my foot on the third step when he saw me. "Hey," he said. "Wait a minute. Come here."

"I'm just going——"

"Come here, Joe," he said.

I walked into the living room, Shep with me. I'd dried out some, but not enough. Water oozed out of my sneakers. Even Shep was still a little wet.

Mother made a nervous sound. Pop eyed me up and down.

"All right," he said. "What happened?"

"Why, nothing," I said. "It wasn't anything. I just——"

"Let's have it, Joe," he said, in that tone of voice that meant he meant it.

All of a sudden this thought came to me, out of nowhere. "Well," I said, "I was walking down by the river, and I was thinking about some things, and I fell in. There where it's fast and narrow, below the bridge.

continued on page 98

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No Dogs Allowed

continued from page 95

That sure is a bad place. Worst I ever saw. And Shep—well, he came right into the water after me and grabbed hold of my arm and practically pulled me out. If it hadn't been for him—well, I don't know what would have happened."

It didn't sound as good as I'd hoped it would. But it didn't sound so bad either.

"Yes, sir," I said. "If it hadn't been for Shep——"

"Hold it, Joe," pop said. Mother was standing beside his chair now, her face all serious. "Are you trying to tell me a six-month-old pup pulled you out of the river, as well as you swim?"

"It's an awful bad place," I said. "And Shep——"

"I want the truth, Joe. The plain truth."

I looked at him and at mother. Then I told them the truth, exactly as it happened.

He looked down at the floor. He rubbed his left arm with his right hand. He said, "So you took a chance like that, for Shep."

"Well, it was my fault," I said. "And then there wasn't any——"

"O.K., Joe," he said. "We understand."

For quite a while no one said anything. Shep rubbed against me. And then I began talking to him. Not with words, of course. I didn't speak to him. I didn't even touch him. I talked to him the way you can talk to a dog if—well, I can't quite explain it. It's just a fact.

Shep, I said, *Shep, you do something to help out. I've said everything I can think of. Come on, boy.*

As I say, I didn't say a word or do a thing. But he heard me, and he understood.

He walked over to pop and put his head on pop's knee. He stayed like that, looking up into pop's face.

That was how it was when the phone rang. Mother answered. She said, "George, it's Mr. Bannerman."

Pop got out of his chair. It seemed to me he moved very slowly, but I was so worried I couldn't be sure. He took the phone and said, "Hello?" and listened for a moment. Then he said, "Will you hold the line, please, Mr. Bannerman?"

He put his hand over the part of the phone you talk into. He looked at mother. She looked back at him, smiled and nodded her head, and said, "All right, George; we've lost."

Pop talked into the phone again. "We've changed our plans, Mr. Bannerman. We won't be taking the apartment after all. Sorry to have been so much trouble. Yes, that's right—we won't be wanting it. Thanks. Good by." Pop hung up the phone.

"Pop!" I said. "Mother! You mean——"

"Skip it," pop said. "We will now have a moment of unbroken silence while your mother and I wonder why this had to happen to us." But he was sort of grinning when he said it.

A little while later mother went into the kitchen to start dinner. I heard her turn on the water in the sink, and then she called, "George! It's leaking again. Worse than ever."

Pop got up. He opened his mouth as if to say something—like that word you aren't supposed to say. But he didn't say it. He just went into the kitchen. He wasn't gone hardly any time at all. He came back to the living room and phoned Mr. Mount, the plumber, to hurry over.

WHERE DO YOU THINK YOU ARE?
(Answers from page 76)

(Theme: character traits)

1. Alabama (Coy)	2. North Carolina (Wise)	3. Tennessee (Difficult)
4. Oklahoma (Slick)	5. Missouri (Clever)	6. Illinois (Noble)
7. Mississippi (Picayune)	8. Kentucky (Subtle)	9. South Dakota (Blunt)

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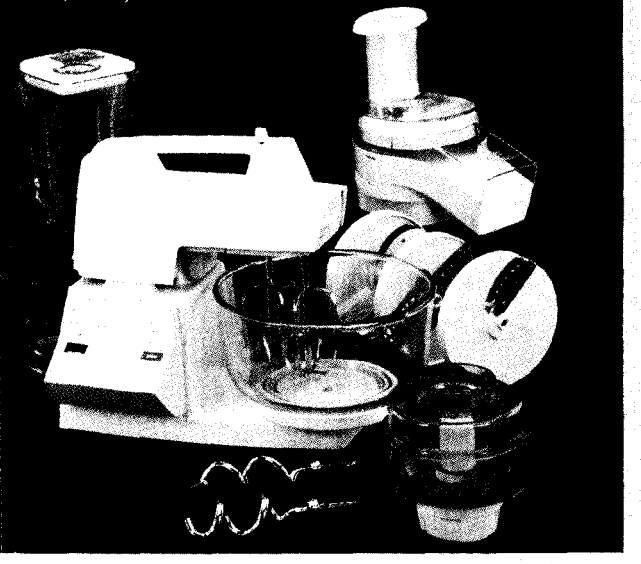

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COTHAM CORNER

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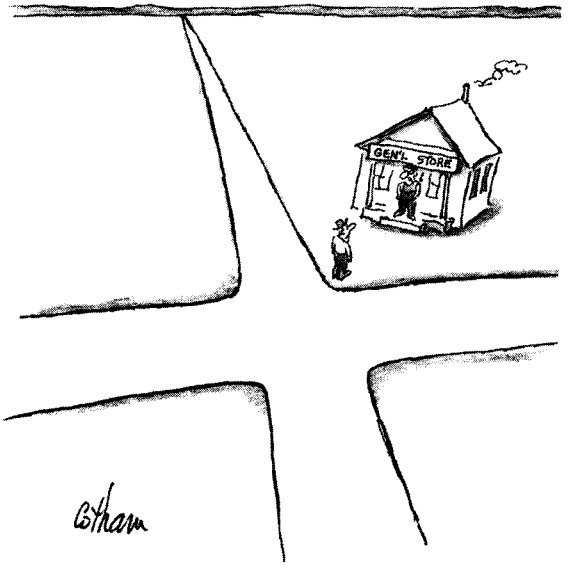
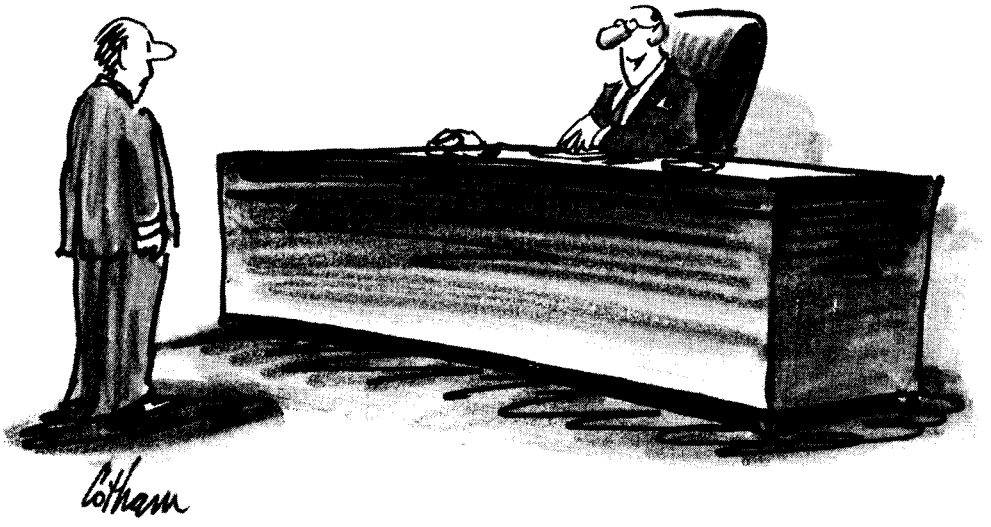


"I'll see to it you never work in this town again!"



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Question: What other vitamin secrets are revealed in this new book?

Answer:

- How you can get vitamins for free.
- Not one but two vitamins which can help fight hardening of the arteries and coronary heart disease.
- Two minerals that help protect against cancer.
- A vitamin that helps protect against schizophrenia.
- Two minerals and a vitamin that can combat osteoporosis, which causes the collapse of the backbone in older women.
- Two minerals that can help lower high blood pressure.
- A mineral that helps regulate blood sugar levels.
- A vitamin that helps increase fertility.
- A vitamin that protects against sunburn.
- A vitamin that helps fight viruses.
- A vitamin that helps prevent kidney stones.
- A mineral complex that may slow down aging.
- An amino acid that combats cold sores and Herpes infections.
- A vitamin that helps increase circulation in the legs.
- A vitamin that helps alcoholics control their drinking.
- A vitamin that helps control premenstrual tension and fights depression.
- A vitamin that may keep your hair from turning gray.

Question: What else is in the book?

Answer:

- Complete descriptions of every vitamin.
- What each does for you.
- How much you need to take.
- What foods contain different vitamins.
- How prescription drugs, alcohol, and smoking can destroy certain vitamins.
- How particular vitamins can fight many diseases.
- How much of each vitamin you can safely take.
- How long your body stores each vitamin.
- Deficiency symptoms for each vitamin.

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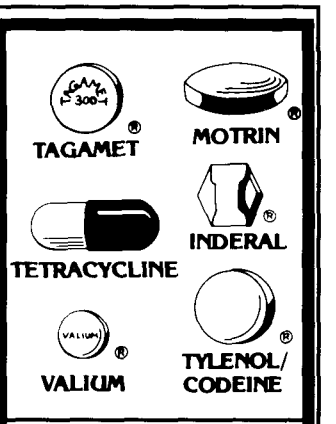
"Prescription Drug Kills Doctor"



Do you know the intended good effects and bad side effects of 408 prescription drugs? Read this article for facts.

(Atlanta, GA)

A local Atlanta area doctor has died from a freak drug reaction on a trip overseas. An infection he had didn't clear up after taking a drug; so he took a different drug, too. The two drugs reacted with each other and caused crystallization in his kidneys. He had kidney failure and died a few days later.

What Your Doctor Doesn't Tell You about the Side Effects of Prescription Drugs

This tragedy points to the fact that most doctors don't tell their patients about the side effects of the drugs they prescribe. This was revealed recently in a U.S. Government survey.

The reaction that killed the doctor and many other prescription drug side effects are clearly described in a new book, ***"Prescription Drug Encyclopedia"*** that you can order by writing to the address below.

The Good Effects of Prescription Drugs

You take drugs prescribed by your doctor for their good effects, like relieving pain, fighting infection, birth control, aiding sleep, calming down, fighting coughs, colds or allergies, or lowering heartbeat and blood pressure.

Do You Have Any of These Bad Side Effects?

Prescription drugs can cause diarrhea, dizziness, dry mouth, depression, headache, upset stomach, constipation, stuffy nose, short breath, high blood pressure, fear and ringing sounds.

Do You Know the Answers to These Questions about Prescription Drugs?

When your busy doctor gives you a prescription, what do you, or even your doctor know about it? What's it for? Will you be allergic to it? What are its side effects and dangers? Will it affect other medicine you're taking?

One drug described on page 165 of the book can cause dangerous heart problems if you **suddenly stop** taking it. Page 31 warns that a drug you take routinely for shortness of breath can actually cause breathing difficulties! Yes, the very thing it's supposed to prevent.

Latest Facts on Each Drug

The book describes more than 400 of the most-often-used drugs. Facts are given in easy-to-understand words instead of hard-to-understand medical terms.

Easy to Read

Drugs are listed in alphabetical order for quick, dictionary-style finding. The book lists brand names, money-saving generic names, good effects, side effects, warnings and interactions with other drugs.

It explains drug categories. (For example: a drug may be called an "analgesic"... analgesic means "pain reliever").

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Nothing Less

continued from page 16

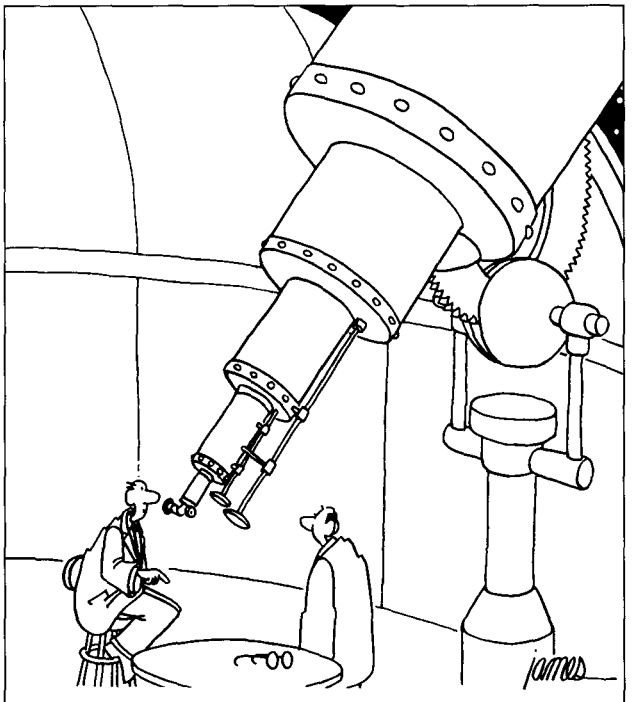
For love of liberty, our forebears—colonists, few in number and with little to defend themselves—fought a war for independence with what was then the world's most powerful empire. For love of liberty, those who came before us tamed a vast wilderness and braved hardships that at times were beyond the limits of human endurance. For love of liberty, a bloody, heart-wrenching civil war was fought. And for love of liberty, Americans championed and still champion, even in times of peril, the cause of human freedom in far-off lands.

Go with me to a barren, wind-swept point on the northern shore of France, to a time more than 43 years ago. Listen and you will hear the cries of men and the roar of cannons. It is June 6, 1944, and 225 American Rangers, actually boys from Kansas and Alabama, from New York and Tennessee, have just been put on shore with one mission—to climb the sheer and desolate cliffs before them and silence the enemy guns at the top. At the top, crack Nazi defenders stand firing down on these brave men. The struggle is incredible. The Rangers shoot rope ladders over the faces of the cliffs and begin to pull themselves up. When one man is cut down, another takes his place; when a rope is cut, another is secured until finally they seize the high ground and the effort to free Europe from slavery has begun. Of the 225 who landed on that wind-swept beach in 1944, only 90 could bear arms after two days of fighting.

President Reagan went to that beach a few years ago to honor the survivors of that fateful day. In his remarks there is a lesson for us—for the task before us.

"Forty summers have passed since the battle that you fought here. You were young the day you took these cliffs; some of you were hardly more than boys, with the deepest joys of life before you. Yet, you risked everything here. Why? Why did you do it? What impelled you to put aside the instinct for self-preservation and risk your lives to take these cliffs? What inspired all the men of the armies that met here? We look at you, and somehow we know the answer. It was faith and belief; it was loyalty and love.

"The men of Normandy had faith that what they were doing was right, faith that they fought for all humanity, faith that a just God would grant them mercy on this beachhead or on the next. It was the deep knowledge—and pray God we have not lost it—that there is a profound, moral difference between the use of force for liberation and the use of force for conquest. You were here to liberate, not to conquer, and so you and those others did not doubt your cause. And you were right not to doubt.



"Hand me those, will you, Stevens? I can't see a thing without my glasses."

"You all knew that some things are worth dying for. One's country is worth dying for, and democracy is worth dying for, because it's the most deeply honorable form of government ever devised by man. All of you loved liberty. All of you knew the people of your countries were behind you.

"The Americans who fought here that morning knew word of the invasion was spreading through the darkness back home. They thought—or felt in their hearts, though they couldn't know in fact—that in Georgia they were filling the churches at 4 a.m., in Kansas they were kneeling on their porches and praying, and in Philadelphia they were ringing the Liberty Bell.

"Something else helped the men of D-day; their rock-hard belief that Providence would have a great hand in the events that would unfold here, that God was an ally in this great cause. And so, the night before the invasion, when Colonel Wolverton asked his parachute troops to kneel with him in prayer, he told them: 'Do not bow your heads, but look up so you can see God and ask His blessing in what we're about to do.' Also that night, General Matthew Ridgway, on his cot, listened in the darkness for the promise of God made to Joshua 'I will not fail thee nor forsake thee.' "

We are reminded by these words of the task ahead of u in the long struggle that fre men and women are destined to wage. John F. Kennedy, i the speech he never delivered in Dallas, intended to sa that we are, for better o worse, watchmen on the tow ers of freedom, and indee we are. Being watchmen, w have a profound duty.

We must teach our chil dren of these things. The must know who spoke c America as a "shining cit upon a hill" and who prc claimed, "Give me liberty c give me death." They shoul know who declared, "I have dream," and who said, "I regret have but one life to give for my cour try." They should know about ou heroes and understand what Lincol meant when he spoke of patriot grave bound together by mystic cords c memory. They should know what th grand lady on Ellis Island stands fo and why there is a Berlin Wall. The should know what happened on Mi sionary Ridge, Bunker Hill, an Omaha Beach, and how their liber was born and nurtured in those plac with the blood of their fathers. The should even know of Jonathan ar David and Ruth and Naomi. We mu teach them to love the things we lo and to honor the things we hono Nothing less will do.

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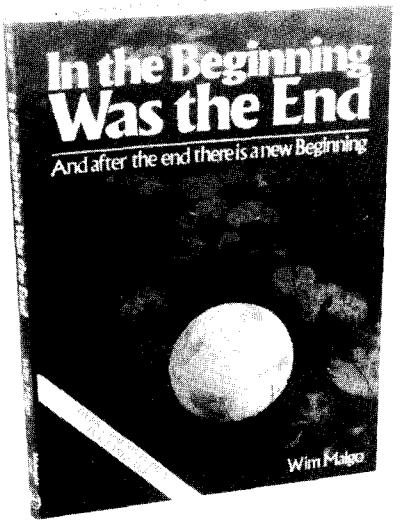

In the Beginning Was the End is a book that strengthens the believers, encourages the disheartened and calls the unbelievers to Christ. A book that you will want to read from cover to cover. A book that all your friends, who still do not know the Lord, must read. This may be the last opportunity to present God's plan of salvation to your loved ones and to those for whom you care.

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We hear much about "New Life," "Real Peace," "Unity," "Love," "Prosperity," and other promising "gospels." One thing they all have in common; they believe they will create a new world order.

Did you know that occultism is taught in our schools? That science is really becoming a religion? That millions of people are praying for a world government? That these people would like to see our independence be replaced with an interdependence? Yes, there is much going on that you really ought to know more about!

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To make it short, we are very anxious to send you our latest issue of this fascinating magazine. That is why we have reduced our 1 year subscription fee from $14 to only $9. That represents a gigantic 57% off the regular $1.75 cover price. Plus, you will receive absolutely free the most amazing book ever published, *In the Beginning Was the End,* when subscribing to *Midnight Call* today.

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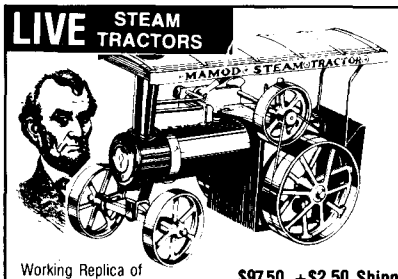

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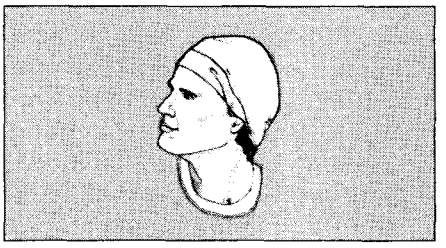
Sleep cap



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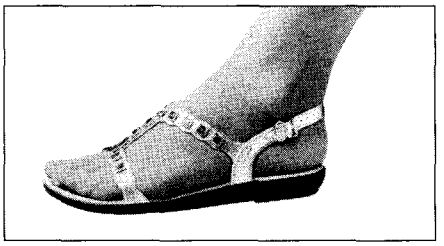

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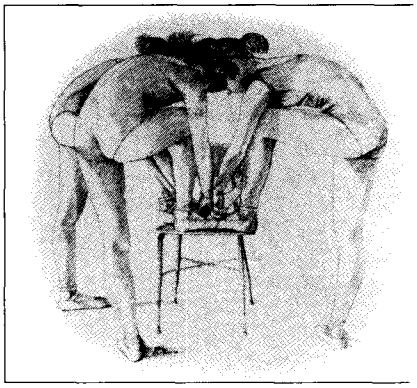
Ballet prints



Girls who love ballet will love t print, one of a beautiful, inspiri three-print series by artist Willi Parker, 2063 Poplar Drive, Fayet ville, NC 28304. Write to him f prompt free information. His pri are an ideal gift for a gifted a talented girl. She will remember yc thoughtfulness for years.

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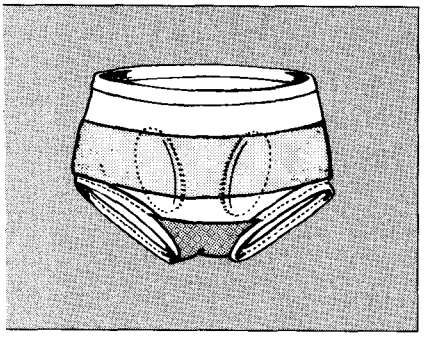

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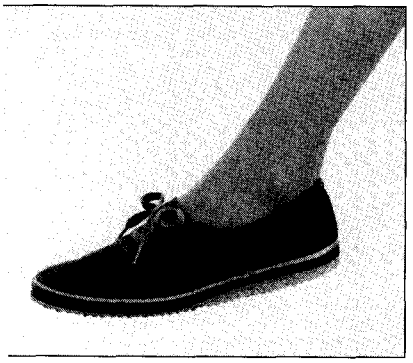

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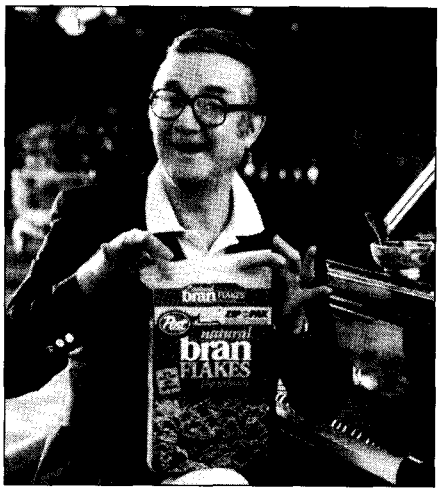
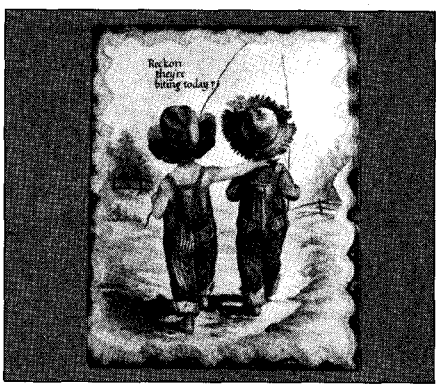
Zip-Pack cereal liner



General Foods has introduced the Zip-Pak packaging innovation—a Zip-Pak liner, instead of the old roll-down liner, to help keep cereal fresh longer with less mess and more ease. It was rolled out in July 1987 in Post Natural Bran Flakes, with Post Natural Raisin Bran to follow; it will be used in Post Fruit & Fiber in 1988.

"Reckon they're biting today?"



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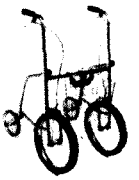

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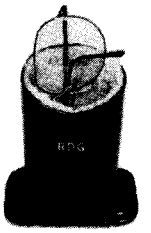

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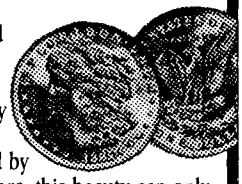

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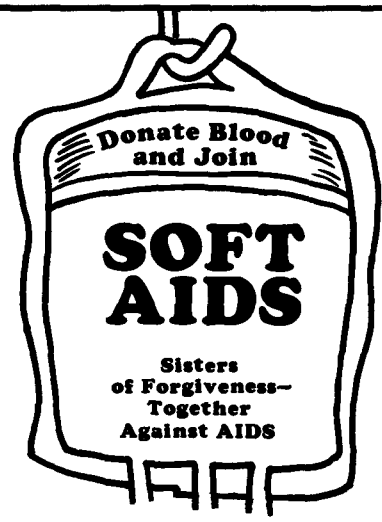

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Sisters of Forgiveness

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The bottom line is: a positive AIDS test can be rechecked and the virus can be cultured from the blood to confirm it. The Western blot positive result is extremely accurate. On the other hand, a *negative* antibody test at a blood bank may mean only that the antibodies aren't yet evident—but if the virus is there, the blood will infect the person who receives it.

For Women Only:

SOFT AIDS go to churches and women's organizations to urge them to organize blood drives. Far less than half our blood donors today are women. Yet, on the whole, women's blood is likely to be safer.

If you belong to women's clubs—such as the Soroptimists; the League of Women Voters; Concerned Women for America (CWA); the National Organization for Women (NOW); the National Federation of Republican Women or the National Federation of Democratic Women; the American Legion Auxiliary; or service organizations or auxiliaries not mentioned—help SOFT AIDS in mobilizing your membership to sponsor blood drives for your local blood banks. Men aged to 50 are likely to be more active sexually than any other group. Ironically, they give more blood than any other group of Americans.

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continued on following page

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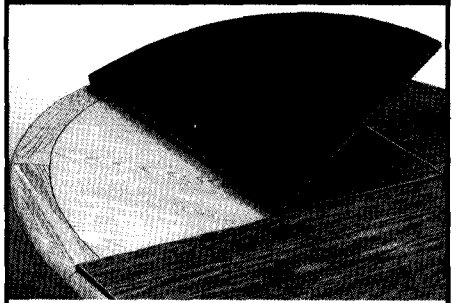

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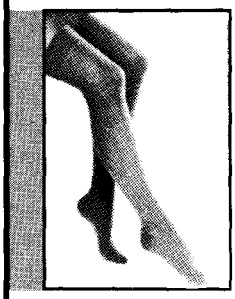

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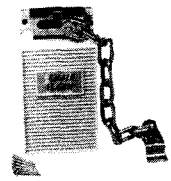

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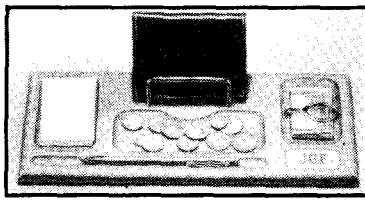

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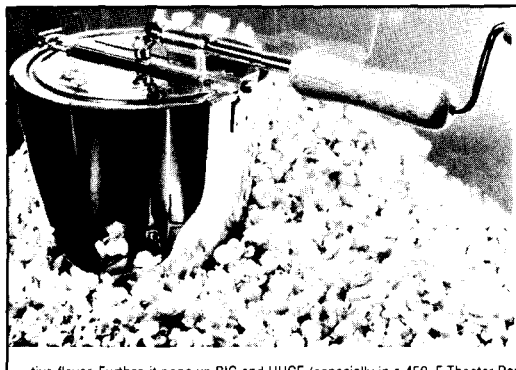

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pounds and who are now excluded.

I asked a blood-bank manager why we simply don't take three-quarters of a unit from a smaller woman or from a senior citizen. The answer was that the anticoagulant was measured in the bags for the full unit. Perhaps the industry could begin requesting some bags with three-quarters as much anticoagulant for little women.

On the AIDS MOBILE, one very well-educated woman asked me in all seriousness, "What do you do with the needles when you are through with them?" It was a legitimate question. We need to emphasize to the public that we incinerate all needles after they have been used. On the AIDS MOBILE the needles are placed, without recapping them, into a red container from which they cannot be removed. The entire container is incinerated when the AIDS MOBILE reaches home base.

Blood banks—the Red Cross, independent blood banks, and hospital blood banks—all use disposable needles. The donor can see that the needle is a new, unused one.

If you want to join in teaching the blood bank's message, write to

SOFT AIDS
P.O. Box 567
Indianapolis, IN 46206

Surgeon General Koop

continued from page 61

He admits to feeling some frustration at having to deal with different sets of health laws passed by 50 different legislatures in 50 different states. He recently compared notes with Britain's minister of health and concluded that overseeing a country's well-being is a lot easier if only one central governing body sets policy.

"I'm not saying they do it better in Europe, but if, for instance, you have a health problem in Finland, everyone speaks the same language, they all go to the same church, they have the same kind of ideas, and 5 percent of them are sort of clones of the others. If the government health officer says, 'Do this; do that,' everyone answers, 'O.K., we'll do it.' It doesn't work that way here. When you want to do something in the way of an educational program in the United Kingdom, it comes out of the Department of Health. If you want to do it here, it comes out of 50 different places."

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Nobody said it would be easy, and s Koop looks forward to his final vo years in office, the prognosis is ıixed. Another controversy is brewıg, and it involves his old nemesis, bortion. President Reagan has asked im to prepare a report for the .merican people on the health and sychological effects of abortion on omen. Whereas when he gathered ıformation for his AIDS report he ıet with 26 groups of people who ad a message for him, he's already .entified 150 groups that want to of-r input on abortion. Beyond that, it ill be business as usual.

"I plan to continue to do what I've ɔen doing," he says. "I'll concenate on smoking, AIDS, handi-.pped children, the sexual abuse of ıildren, and the care of the elderly." Such a jammed schedule merely ıderscores his refusal to consider a esidential bid. "My appointments r the abortion report take me rough June," he says. After that? ɔ says, "I've got four book ideas nning around in my head."

Case closed. ✱

avid Koop

ntinued from page 63

ıick had developed a way of present-ɡ this kind of news, and he frequentimparted his experience as best he uld to younger surgeons in ward ınds, in seminars, and by lecture. Chick can now attest to the fact ıt there is nothing in the world that nes anywhere near the experience losing your own child. In a sense, ick felt he was a better comfort to nilies whose child was dying before vid was taken from us. Yet this is a ·ely subjective evaluation, because ·ents now know how well Chick ı empathize with them. Perhaps ·t of Chick's feeling in this matter hat several times he has written on ɨ subject and said that the physiɔ should be all things to all men; one thing the physician should not is cry with the family. After David d that was an emotional sign difılt for Chick to avoid when dissing the impending death of a d with the parents. Grief is inɔribable and can be appreciated y by someone who has been ɔugh it in much the same way.

)ne of the most precious letters we

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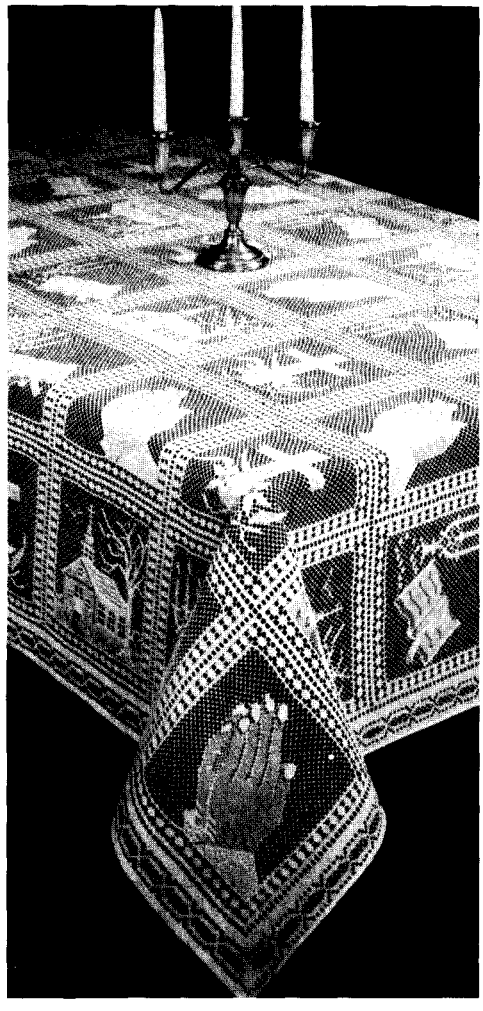

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received after David's death came from the mother of one of David's friends at Dartmouth College. She stated that her son had phoned right after the accident, and when she had heard what he had to tell her, she must have said: "Oh, please stop climbing." Her son apparently went back to his room the same night that David died and wrote the following letter to his mother. This was never intended for us to see, and therefore it was all the more wonderful when she kindly sent it to us.

Your reaction was normal, for parents, I suppose. Still, you knew one of my friends just died, and you said, "Stop climbing." From your point of view, I can see this reaction; from mine, it makes little sense.

You never met Koop, so let me tell you a little about him. A 20-year-old geology major. Dave was one of those few people who really impress you in the first few moments after meeting him. Immediately you wanted to strike up a friendship. He was totally selfless. I have never seen him do anything with his own benefit in mind. He had a warm, kind personality which made one immediately like him. That was one thing, but once you became one of his friends, well, I had had such a respect for very few people. His death came as quite a blow to me.

I'm sure I have had some idea of how his family must feel—but you shouldn't try to discourage me from climbing. It's something that gets into your blood. Unless you've done it, you cannot understand. There is far more than muscling your way up over a rock. First, there is the beauty of the outdoors—many know that. Then, there comes the almost mathematical approach. The route poses a problem—where are the holds that will permit one to surmount it? What movements give solution to the rock? There is a strange beauty of movement, a combination of dancing and gymnastics. There is a definite art in the performance of movement on a rock face: balance, so you don't fall, tricks with your hands and feet to permit ascent up an otherwise insurmountable wall. . . .

Unfortunately, there is one quality you have no control over. . .sometimes a mountain may just not conform to your wishes; there may be a loose rock there that you don't know about until it comes loose. Nothing can control that. This we have to take into consideration when we climb, but if you have the urge to climb within you, if you can "feel" as a sixth sense the powers of balance, precision, strength, beauty, rhythm, and everything else, you have to overlook that factor (that sometimes mountains move)—there is no other way.

It was ten weeks after David died when his Bible came into our hands. We had been told by his brothers that his bookmark was in Jude, and presumably this was the last Scripture passage he had read. David's Bible is a Revised Standard Version, and in that particular edition, the book of Jude ends on the left-hand page with only one full verse, the last one. We opened his Bible and read the last thing that he had read: "And now unto him who is able to keep you from falling. . . ."

God was able, but in His sovereignty He chose not to.

Dentists

continued from page 29

thesia—Dr. Chu finishes all the patient's dental work in one visit. "It's not unusual for a patient [who has avoided a dentist due to fear] to need extensive dental work," she say "Commonly I've X-rayed then cleaned them, done up to 20 filling four impacted wisdom teeth, eve crowns in one visit.

"I've personally put 15,000 p tients under in ten years," she co tinues. "It's safe because they're n totally out. They can obey whi under. But the drugs have an amnes effect so they don't remember late and the dentist is not an unpleasa experience for them.

"I have a lot of satisfied patients she concludes, explaining that h practice has grown to five offic across the state in five years.

Dr. Clifford Walzer, an Annapo oral surgeon, hypnotizes patients pa ticularly uptight about tre ment. "One patient wou pass out every time he wou get an injection," Dr. Wal recalls. Through techniqu he learned from the Ame can Society of Clinical Hy nosis, Dr. Walzer can n help a patient remain mc relaxed while receiving pa ful stimuli.

One Maryland practice tually did away with drills a while and concentrated preventive dentistry—t only because the practitio was unable to stand due t disabling injury. For foreseeable future, re world dentists may still h to do serious work ins your mouth—they're just trying to it as painlessly as possible.

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Page 18, Thanksgiving recipes courtesy of Food Commu tions, Inc., and Mrs. Dash; 38, originally appeared ir magazine, ©1987 Halsey Publishing Company, all righ served; 42, reprinted from *The Saturday Evening Post* © *The Curtis Publishing Company*; 46, from the book *Th Wore Red* by Aline, Countess of Romanones, © 1987 by Romanones, reprinted with the permission of Random H Inc.; 62, from the book *Sometimes Mountains Move* Everett and Elizabeth Koop, © 1979 by C. Everett Elizabeth Koop, reprinted by permission of the author Pumpkin Tomato and Leek Soup recipe, and 92, Red Calorie Citrus Pumpkin Pie recipe.

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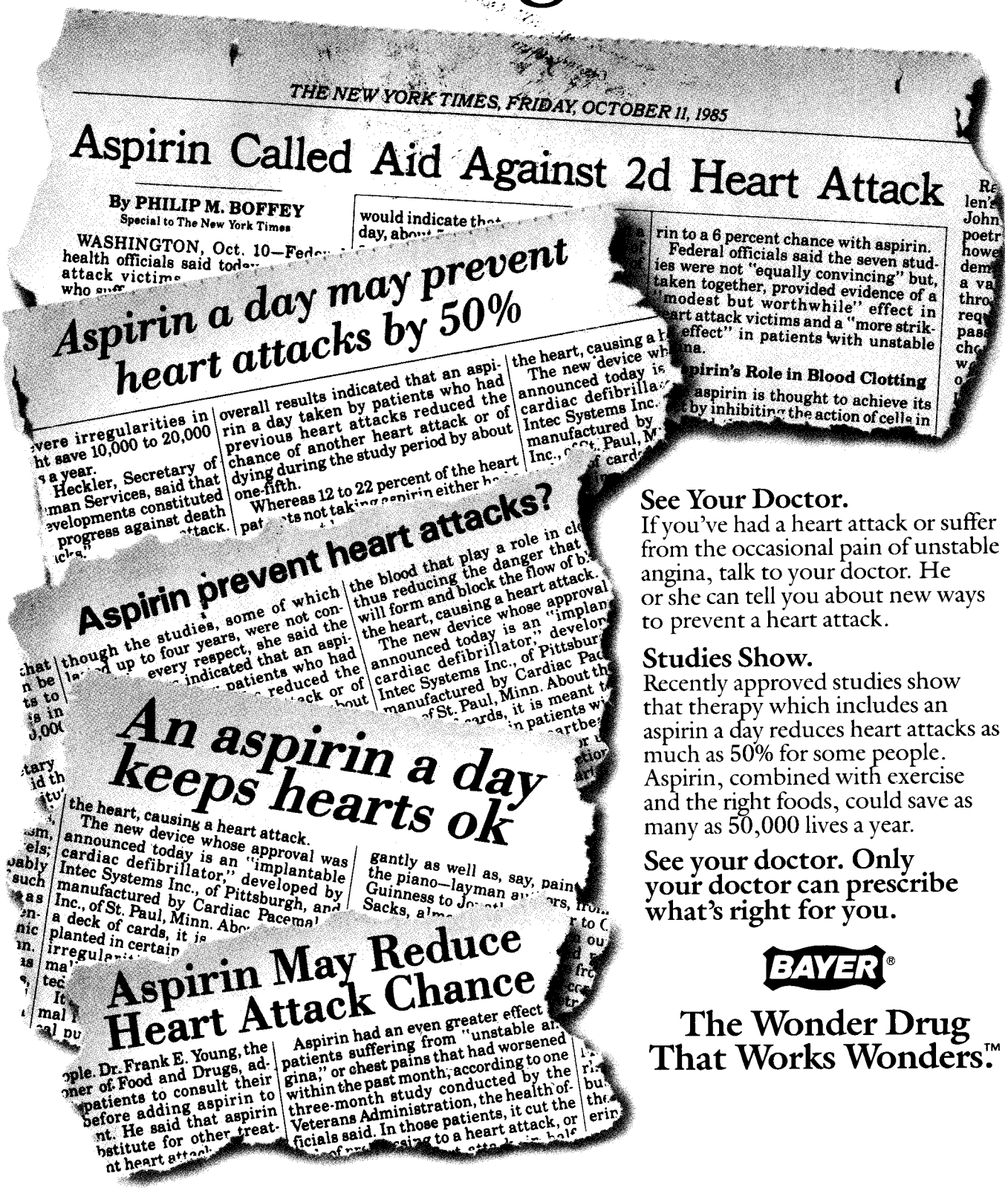
THE NEW YORK TIMES, FRIDAY, OCTOBER 11, 1985
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By PHILIP M. BOFFEY
Special to The New York Times
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